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NEWS WORTH SHARING.



## AUTUMN MARKS THE DAYS OF DENIM

DON'T LET THE FALL BLUES GET YOU DOWN — TAKE THE ADVICE OF THESE FASHION EXPERTS TALKING FRESH STYLES **PAGE 28**

## 'Sober second look': Councillor

Committee votes to rescind amendments to taxi and limousine bylaw **PAGE 3**

## The city art that never sleeps

ViewPoint Gallery showcasing exhibit of night scene photos in Halifax **PAGE 7**

A reason to listen to radio again



## MI'KMAQ MARCH

Hundreds participate in a Veterans Parade of Honour down Barrington Street on Wednesday. The parade was part of Treaty Day ceremonies in Halifax and marks the beginning of Mi'kmaq History Month in Nova Scotia. JEFF HARPER/METRO

# Lawyer charged with human trafficking

**Duane Alan Rhyno.** Police say investigation began after public tips over suspected prostitution



HALEY RYAN  
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A lawyer from Lower Sackville is facing charges of sexual assault and human trafficking following a three-month RCMP investigation that a police spokeswoman called "paramount."

Insp. Chris MacNaughton of the Kings District RCMP said on Wednesday that police had received information from Greenwich residents in Hants County in early July about suspected prostitution at a local hotel.

MacNaughton said the RCMP found evidence to support human-trafficking and prostitution-related charges involving a man and

### Professional misconduct

In 2007, the Nova Scotia Barristers' Society found Duane Alan Rhyno guilty of professional misconduct and incompetence in his dealings with certain clients.

- He has also appeared in court to face impaired-driving charges in the past.

26-year-old female victim.

As a result, charges have been laid against 46-year-old Duane Alan Rhyno, including one count each of human trafficking, financial gain from human trafficking, aiding and abetting prostitution, living off the avails of prostitution and sexual assault.

"It's paramount," MacNaughton said about the charges in the case, which was investigated by the Kings District general investigation section, along with

the Valley Integrated Street Crime Enforcement Unit.

"The RCMP take human trafficking and prostitution charges very seriously," she added.

MacNaughton said the victim is also believed to be from the Halifax area.

The RCMP spokeswoman did not know how long the alleged prostitution had been happening before the start of the investigation in July, but MacNaughton said the case doesn't appear to be part of a larger ring and there seems to be only one victim.

MacNaughton said the victim has been given a lot of attention to make sure she has enough resources, and she has support and safety systems in place.

Rhyno is listed by the Canadian Lawyers Directory as a lawyer with the firm Duane A. Rhyno Law Office, located on the Bedford Highway.

He was scheduled to be arraigned in Kentville provincial court Wednesday.



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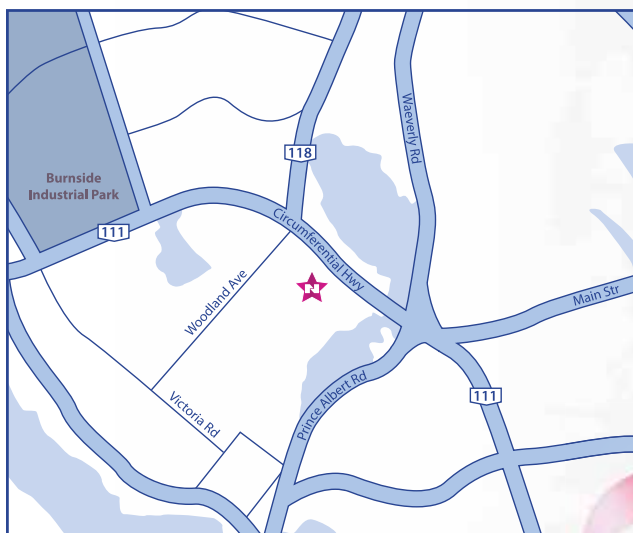
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## FIVE THINGS YOU NEED TO KNOW TODAY

1

### MURDER CASE

The case of a man charged in the 10-year-old killing of Kevin Browser is back before the courts today. Shilo Marcino Beals of Cherry Brook last appeared Sept. 2.

2

### OPEN DATA

Five new data sets have been added to the city's online catalogue as part of the Open Data program. They include tax rates, parking meter locations and pre-amalgamation boundaries.

3

### RUSHIN' AGAIN

The Rush Hour movie franchise is on its way to becoming an action-comedy series by executive producer Bill Lawrence, creator of Scrubs, and Brett Ratner, who directed the films.

4

### SURREY SIX

Two men accused in the Surrey Six killings, in which six people were executed in a Vancouver-area highrise seven years ago, will learn their fate today.

5

### HOTSPOTS

San Francisco has launched free Wi-Fi at more than 30 public areas, thanks to a grant from Google. Calgarians and Edmontonians already enjoy this luxury, and Vancouver may be next.

# New accessible taxi rules to get 'sober second look'

## Reversing course.

Committee agrees more input from cab drivers is needed



RUTH  
DAVENPORT

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Dozens of taxi drivers applauded in the public gallery of city hall's council chambers Wednesday as a city committee reversed course on new regulations it had approved less than a month ago.

At issue were proposals to eliminate the current wait list for conventional taxi licenses and to permanently retire any roof light returned to the city.

Those changes were intended to offset the increase in applications that's expected as a result of another proposed change: to issue only accessible taxi licenses in HRM from now on.

"There was a very dangerous precedent set on Sept. 10 because the committee was willing to forward a proposal (to council) which was not

## Quoted

"We want accessible taxis in the right numbers and zones so we can provide service."

Dave Buffet, Halifax Taxi Drivers Owners Association

viewed by the liaison group," said Dave Buffet, president of the Halifax Taxi Drivers Owners Association, after the meeting of the transportation standing committee. "Kicking this can down the road was the right thing to do."

The committee voted to rescind the amendments to the taxi and limousine bylaw after Coun. Russell Walker asked for a "sober second look," saying the city's taxi and limousine liaison group didn't properly consult with cab drivers before recommending the changes.

"The committee should have done their due diligence if they're going to bring in these radical moves and heard from the industry," he said. "That voice wasn't heard."

Kevin Hindle, HRM's super-



Halifax cabs are shown in this file photo. METRO FILE

visor of regional licensing, told the committee the amendments were developed in consultation with both the liaison group — made up of citizens and taxi drivers — and an association representing the taxi industry.

But Buffet said after the meeting that the amendments did not reflect feedback from

the group.

He said cab drivers have no problem with increasing the number of accessible cabs but said the number and zone of operation should be regulated in the same way as conventional licenses, which would ensure equitable distribution of the service outside the downtown core.

"We want them in zones ... so that people in Sackville can get one within 10 or 15 minutes," he said.

The committee agreed to send the proposed amendments back to the liaison group for further consultation with the industry and asked for a supplementary staff report reflecting that input.

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# McNeil says he won't amend health-care bill

**Number of bargaining units would go to four from 50.** Union members continue to protest outside Province House

Premier Stephen McNeil says he's opposed to amending a health-care labour bill that has prompted protests outside the Nova Scotia legislature and a rebuke from a senior lawyer who says the legislation will create a "labour-relations disaster."

Despite three days of demonstrations near the legislature, McNeil said Wednesday he's been encouraged by workers across the province who he says want an overhaul of the health sector's complex system for contract negotiations, which includes 50 bargaining units.

And he dismissed suggestions that Bill 1 could be altered to address concerns raised by the province's four health-care unions.

"The legislation is going through as it has been presented," he told a news conference.

McNeil's hardline stand came as the legislature's law-amendments committee heard from health-care workers and their supporters who said the bill is a draconian attempt to squelch hard-won labour rights.

The legislation, which McNeil hopes to have passed by



Union members continue to protest against Bill 1 outside of Province House on Wednesday. JEFF HARPER/METRO

the end of the week, would merge health-care bargaining units, cutting them to four from 50 by April 1.

Under the Health Authorities Act, health workers who perform similar jobs would be represented by the same union. A mediator would determine which unions would represent the groups with input from the unions and the workers' employers.

If mediated negotiations end up in arbitration, the arbitrator would decide union representation. The government has said it wants uniformity in the representation of nurses, technologists, and administra-

## Hardline stance

Premier Stephen McNeil also shrugged off union warnings Wednesday that the legislation will be challenged in court if it becomes law. "We believe our legislation will withstand any test," he said.

practised law for almost 40 years.

"I'm fearful that it will become extremely difficult to negotiate collective agreements ... because in some cases you'll have a majority (of employees) who are not represented by the union they chose."

Larkin said that, under the existing system, the province's Labour Board typically determines bargaining units and conducts votes among employees to seek consensus.

"This bill takes that away from the Labour Board," he said.

McNeil disagreed with Larkin. The premier argued the legislation would protect the four unions and the benefits employees have earned. In addition, the reorganization will make the system more sustainable, he said.

THE CANADIAN PRESS

## Who gets a say on representation?

"I'm fearful that it will become extremely difficult to negotiate collective agreements."

Labour lawyer Ray Larkin

tive and support workers.

Labour lawyer Ray Larkin, who has trade unions among his clients, told the committee the changes will create "dysfunctional bargaining" because health-care employers will be given a say on what union represents their employees, but the employees will have no say at all.

"The bill kind of turns on its head the normal way you would think about a trade union," said Larkin, who has

# Fines going up for cell use while driving



A man drives while using a cell in this file photo. THE CANADIAN PRESS

The province is upping the fines related to using cellphones while driving.

Starting Feb. 1, a first-offence fine for texting or using hand-held cellphones behind the wheel is rising to \$233.95, up from \$176.45.

For a third offence, or anyone after that, the fine jumps from \$348.95 to \$578.95.

In addition, four demerit points will get added to a

## Nabbed

**1,873**

The number of tickets handed out by police in Halifax in 2013 for driving while using a cellphone.

person's licence upon conviction.

"There is no call or text worth losing a life," Trans-

portation and Infrastructure Renewal Minister Geoff MacLellan said in a statement. "Pay attention to the road, not the phone."

The province says the only time it's OK to use a cellphone while driving is to report an emergency.

Police in Halifax have ticketed 1,585 drivers so far this year for using cellphones while driving.

THE CANADIAN PRESS



# Natives, residents slow highway traffic to protest plans for gas storage facility

**'We don't want our ecosystem destroyed.'** Mi'kmaq, locals gather near Stewiacke in bid to halt construction of the \$100M project

Mi'kmaq protesters and residents of a rural community slowed traffic on a Nova Scotia highway Wednesday in a bid to stop construction of a natural-gas storage facility they fear will contaminate waterways.

Organizer Cheryl Maloney said about 100 people lined Highway 102 near Stewiacke to hand out pamphlets and wave placards as part of a peaceful protest.

Maloney said First Nation bands want the \$100-million project stopped because they say there hasn't been enough consultation

## Quoted

**"Our company has worked hard to bring the benefits of natural-gas storage to Nova Scotians in a safe, responsible and sustainable manner."**

Alton president David Birkett in a statement

with native and non-native residents.

"Nova Scotians just don't know what's happening, and people that live right next to where they're plowing and building the brine facilities, they don't even know," she said. "We need an injunction and need people to come out and be able to say, 'We don't want our ecosystem destroyed.'"

Alton Natural Gas Storage, a subsidiary of Calgary-based AltaGas, wants to store natural gas in three underground salt caverns that will be about 1,000 metres underground.

The company plans to drill into the salt formations

and pump in water from the nearby Shubenacadie River to dissolve the salt, with the left-over brine water being pumped back into the river system. The company's website says drilling started last month.

Alton president David Birkett issued a statement Wednesday saying the company has been in regular contact with Mi'kmaq for the past eight years and is open to more meetings.

Nova Scotia's Environment Department has said it is continuing to consult with the Assembly of Nova Scotia Mi'kmaq Chiefs on the project. **THE CANADIAN PRESS**



Protesters show their opposition to the construction of a natural-gas storage facility near Stewiacke on Wednesday. ANDREW VAUGHAN/THE CANADIAN PRESS

## Rehtaeh Parsons' mom says new anti-bullying curriculum will teach teens empathy, save lives

A Cole Harbour mother who says her daughter was driven to suicide by cyberbullying says a new curriculum will help combat a lack of empathy shown by teens online and save lives.

Leah Parsons says the teaching material, introduced by the Canadian Centre for Child Protection in Winnipeg on Wednesday, gives her hope for the future.

"We live in a digitized world that is not going to change," she said. "The online world can be very desensitizing, and I feel



Lauren Harper, right, and Leah Parsons listen to Lianna McDonald, executive director of the Canadian Centre for Child Protection, speak at a press conference in Winnipeg on Wednesday. **THE CANADIAN PRESS**

that empathy for others is lost. "Imagine the mistakes we all made as teenagers. Now

imagine these mistakes being caught on film, on camera and then imagine being ridiculed

over and over again.

"This is what's happening to our teens today in the social-media world."

Rehtaeh Parsons was taken off life support in April 2013 after a suicide attempt. The 17-year-old girl's family says she was sexually assaulted in 2011 and then subjected to months of online bullying.

The curriculum is aimed at kids in Grades 7 through 10 and touches on sexual exploitation, sexual violence and healthy relationships. **THE CANADIAN PRESS**

## Yarmouth. Cook's goods will be made at plant in Bedford, company says

Although it was announced on Tuesday that production at Cook's Dairy in Yarmouth will stop on Oct. 17, consumers will still be able to buy some Cook's products on store shelves in the region, says the company that owns the dairy.

But those Cook's product will be made at a plant in Bedford, as opposed to the dairy in Yarmouth County, which has operated for

eight decades. How much of the product will be available is unclear at this point.

Marc Labelle, a spokesperson for Agropur Cooperative, says their company is closing the Yarmouth dairy to consolidate the work at its Bedford plant.

Yarmouth employees were told in a meeting Wednesday, with about 20 jobs being lost.

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# Woman blocks Halifax Transit bus with car

**Lower Sackville.** A woman placed her vehicle in front of the bus and had a 'verbal altercation' with the driver, officer says

Some Halifax Transit passengers had an unexpected stop

this week when a woman blocked their bus with her car and had an argument with the driver.

Around 8:52 a.m. Tuesday, RCMP were called to an incident on the Beaver Bank Road in Lower Sackville where a woman had placed her vehicle in front of the bus and had a "verbal altercation" with the driver, spokesman Cpl. Greg Church said Wednesday.

"The file remains under investigation ... for possible charges under the Motor Vehicle Act and the Criminal Code," Church said.

The woman and the driver knew one another, Church said.

"Because it involves a bus (it) certainly makes it a bit different, but it's typical. It happens a fair bit," he said.

Tiffany Chase, HRM spokes-

## At a glance

- HRM spokeswoman Tiffany Chase said transit supervisors are reviewing the video footage from the bus and will work with RCMP during the investigation.

woman, said there were 10

passengers on the Route 400 bus at the time. They were delayed about 20 minutes before a relief Halifax Transit bus arrived.

The driver filled out an incident report and was allowed to go home for the rest of the day, Chase said.

"We take the safety of our employees and passengers very seriously," she said.

HALEY RYAN/METRO



A Metro Transit bus. METRO FILE

## Transportation. Halifax needs a 'traffic calming' policy, committee says

The city's transportation committee has agreed that Halifax needs a "traffic calming" policy to deal with lead-footed drivers who use residential neighbourhoods for shortcuts.

The committee voted to forward a recommendation to regional council that directs staff to begin drawing up an official policy outlining the process for requesting traffic calming. The policy would also assess whether calming is needed and how the calming would be implemented.

Traffic calming is the application of mainly physical measures intended to reduce the negative impacts of mo-

## Concerns

- The report states city staff have seen an increase in resident concerns related to speeds within residential neighbourhoods.

tor vehicle use. The city has a "Neighbourhood Short Cutting Policy" developed to deal with issues related to people using residential areas as shortcuts. However, a staff report notes the policy focuses on traffic volumes and does not provide calming measures in relation to speed. RUTH DAVENPORT/METRO

## Missing-person case

### Police continue search for missing Halifax man

Police in Halifax are investigating a missing-person's case involving a 54-year-old man.

Houston Henderson was last seen leaving his Halifax home on Bright Street on Sept. 26. He went for a walk at 9:30 p.m., never returned and hasn't been heard from since.

Henderson is described as five-foot-10, 190 pounds with grey hair and a goatee. He was last seen wearing a white button-up shirt with stripes, faded blue jeans and a zip-up hoodie.

Police don't suspect foul play but say it's out of character for Henderson to be gone this long without contacting his family.

METRO



Houston Henderson  
HANDOUT

## New Minas

### Man facing charges over threatening note

A New Minas man facing several charges after allegedly leaving a written note threatening to burn property in the village will stand trial in February.

Jeffrey Robert Cummings, 23, is charged with extortion. He allegedly left a written note threatening to burn a residence and vehicle belonging to two individuals unless they paid him \$5,000.

In Kentville provincial court this week, Cummings elected trial by provincial court judge and pleaded not guilty to the six charges. The matters have been adjourned to Feb. 19, 2015 for trial.

The charges stem from incidents alleged to have occurred in New Minas between July 12 and 22.

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## Symphony Nova Scotia

### Orchestra hits a high note with record sales

Symphony Nova Scotia is in the black.

The provincial orchestra announced Wednesday it has balanced its budget, eliminated its deficit and reached record sales worth more than \$1 million.

Also unveiled at Symphony Nova Scotia's annual general meeting this week was a 19 per cent jump in ticket revenue, nine per cent increase in paid attendance and a surplus of more than \$32,000 from 2013-14. **METRO**

## Off of York Redoubt

### 51 people in vessel towed to safety near harbour

A sailing vessel with 51 people on board was towed to safety Wednesday after reporting it had lost power and was drifting close to shore near Halifax Harbour.

A spokesman for the joint rescue co-ordination centre in Halifax says the vessel made the distress call at 3:30 p.m. when it was off of York Redoubt, just southwest of the city.

Capt. Peter Ryan says two coast-guard vessels, a cormorant helicopter and a fast-response vessel were assigned to the emergency and two tug boats also moved to the area.

Ryan says the tugs pulled the sailing vessel away from the shore without any injuries or damage.

**THE CANADIAN PRESS**

# Capturing the time between dusk and dawn

## Here comes the night.

Photos that feature scenes after dark are part of month-long Photopolis exhibit at the Viewpoint Gallery



**HALEY RYAN**  
haley.ryan@metronews.ca

Night has fallen over the ViewPoint Gallery on Barrington Street for the rest of the month.

More than a dozen photos showing night scenes in areas like Halifax, Venice and Prague as well as the ocean and portraits are part of Night, one of the 35 exhibits in the Photopolis festival running this October.

"There's a wide range of things, some of which will make people very comfortable, some of which will make people very uncomfortable and have them scratching their head," said ViewPoint member and Night photographer Allan Neilsen on Wednesday. "This is good."

Neilsen said the gallery has given over its entire space to the group exhibition until Nov. 2, and people will recognize hazy dark images of the Dingle Tower, Summer Street, Jubilee Junction or Granville Mall.

The opening reception takes place Thursday from 6 to 9 p.m. Neilsen said it is a celebration as well as a way to interest people and "make



Photographer Allan Neilsen cleans the glass on some of the photos at Viewpoint Gallery's Night exhibit on Wednesday. Night is part of Photopolis, an annual city-wide celebration of photography. **JEFF HARPER/METRO**

## Online

Go to [photopolis.ca](http://photopolis.ca) for a full schedule



galleries less scary."

This month marks the fifth Photopolis, which once arrived every three years but has recently shifted to every two according to Eliot Wright, vice-president of the

festival's board.

Wright said galleries, restaurants, museums and the Halifax Ferry Terminal will be home to photos from local and international artists, which range from artistic to journalistic style, on film or digital mediums.

One show at the Museum of Natural History, Bee, showcases the unique technology of a scanning electron microscope used by Rose-Lynn Fish-

er, who magnified bees before capturing their images.

Other highlights include three upcoming shows at the Anna Leonowens Gallery, which Wright said focus on the Syrian Desert, Georgia Aquarium and the relationship between man and nature in the American south.

"Photographs can be a really great way to ease into different styles of artwork because they are so accessible,"

Wright said.

"You can enjoy many ... without a knowledge of art history or using a camera, in many cases for their sheer beauty."

Besides the exhibits, Wright said 40 events, workshops and the ending Photopolis Symposium on Oct. 25 bring fans and photographers together to share experiences and talk about where the industry is going.

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# Shipwreck identified as HMS Erebus, Harper says

**Franklin's ship.** The wreck was found some 11 metres below the surface in the Queen Maud Gulf

The historic shipwreck found in the Arctic has been identified as HMS Erebus, the vessel on which Sir John Franklin himself sailed — and may even have perished — in search of the Northwest Passage in 1845.

Prime Minister Stephen Harper, who took obvious delight last month in delivering news of the discovery of the ship from Franklin's doomed voyage, revealed Wednesday just which of the two it is.

"I'm delighted to confirm that we have identified which ship from the Franklin expedition has been found," Harper told the House of Commons.

"It is, in fact, the HMS Erebus."

The discovery of the wreck, found some 11 metres below the surface in the Queen Maud Gulf, was confirmed Sept. 7, but was not identified until now.

The Prime Minister's Office said Parks Canada underwater archeologists confirmed the find with a "meticulous review of data and artifacts" on the ocean floor using high-resolution photos and video and multi-beam sonar measurements.

The two ships of the Franklin expedition and their



A sea floor scan reveals one of the missing ships from the Franklin Expedition in an image released in Ottawa on Tuesday. HANDOUT/PARKS CANADA/THE CANADIAN PRESS

crews, 129 members in all, disappeared during an 1845 quest for the Northwest Passage. So far, the location of the other ship, HMS Terror, remains a mystery.

Since 2008, Parks Canada has led six major searches for the lost ships, which long ago captured the Victorian imagination and gave rise to many searches throughout the 19th century for Franklin and his crew.

There's some debate over whether Franklin's final resting place is on King William Island or the ship. Harper recently seemed to suggest he believes it's the latter.

Four vessels — the Canadian Coast Guard ship Sir Wilfrid Laurier, HMCS Kings-

## Mystery of Franklin

The mystery of what happened to Franklin and his men has never been solved.

- One of the early Franklin search parties discovered a note left in a cairn at Victory Point on King William Island that recounted how both ships got trapped in the ice in late 1846 and that Franklin died on June 11, 1847.

ton and vessels from the Arctic Research Foundation and B.C.-based One Ocean Expeditions — led the search this summer.

The One Ocean ship was in fact a Russian-flagged vessel

known as the Akademik Sergey Vavilov, which served as a platform for the federal government's state-of-the-art underwater survey vehicle, which confirmed the wreck.

A sonar image released when the discovery was announced showed the shipwreck appears to be well-preserved. It was found resting five metres off the sea floor in the bow and four metres in the stern.

The image showed some of the deck structures were still intact, including the main mast, which was sheared off by the ice when the ship sank.

Parks Canada didn't immediately respond to a request for more details about the identification of the Franklin shipwreck. **THE CANADIAN PRESS**

## NFL. Scandal is making people talk about domestic violence: Gloria Steinem

Feminism pioneer Gloria Steinem says that if anything good has come from the NFL's domestic violence scandal, it's that we're actually talking about domestic violence.

"When the women's movement started, there was not even a term called domestic violence," Steinem said. "It was just called life."

International human rights organization Equality Now announced Wednesday it will honour Steinem for her six decades of work for women's rights. Actress Salma Hayek Pinault will also be recognized for her efforts to end violence against women and girls at the organization's gala fundraiser

Nov. 3 in Beverly Hills.

U.S. Department of Justice statistics show as many as a third of female murder victims are killed by intimate partners.

"That's by far the time she's most likely to be murdered," said Steinem. "And yet we say to women, 'Why don't you leave?'"

As the nation discusses domestic violence, Steinem urges people to consider that "the most dangerous time for a woman is when she is about to escape or has just escaped" from an abuser. Steinem said she admires Hayek Pinault, her fellow Equality Now honouree, for both her artistic and activist work. **THE ASSOCIATED PRESS**

## What's in a name?

### Facebook apologizes after deleting accounts with drag names

Facebook is apologizing to drag queens and the transgender community for deleting accounts that used drag names like Lil Miss Hot Mess rather than legal names such as Bob Smith.

The world's biggest online social network caught heat recently when it deleted hundreds of accounts belonging to self-described drag queens, other performers and members of the lesbian, gay, bisexual and

transgender community. Facebook has long required its users to go by their "real names" on the site for security purposes, to stand out from other social networks and so it can better target advertising to people.

Now, the company says the spirit of its policy doesn't mean a person's legal name, but "the authentic name they use in real life."

Last month, the company suggested that performers such as drag queens have other ways of maintaining their stage identities, such as creating pages that are meant for businesses and public figures.

**THE ASSOCIATED PRESS**

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Halifax Forum Multi-purpose Room on Young Street





# Canada preps for potential Ebola case

**Low risk.** Hospitals on the lookout for possible cases among people who travelled to West Africa

Canada's Health Minister and the head of the Public Health Agency of Canada say the country has been preparing in case an Ebola case arrives in Canada.

Rona Ambrose and Dr. Gregory Taylor insist the risk of that happening remains low but say much work has been done to beef up the country's ability to respond should it happen.

The two spoke at a news conference called to address concerns raised by Tuesday's announcement that a Dallas hospital diagnosed Ebola in a man who recently travelled to the state from Liberia, one of the hardest-hit countries.

Taylor says the Public Health Agency has worked with the Canada Border Services Agency and with airlines to advise them on what to do about passengers who appear to be ill



An ambulance pulls into the Dallas Fire-Rescue station 37 in Dallas, Wednesday. Three EMTs from this location are under a 21-day quarantine after a patient they transported tested positive for Ebola. LM OTERO/THE ASSOCIATED PRESS

while flying or when trying to enter the country.

Hospitals have been alerted to be on the lookout for possible cases among people who have travelled to West Africa.

Taylor says the Public Health Agency is considering sending doses of an experimental Ebola vaccine to hospitals that have been designated to look after Ebola cases if they occur, so health-care workers could use

it if they have a risky exposure to a patient.

The vaccine was developed at the agency's National Microbiology Laboratory in Winnipeg.

Provincial laboratories are working to develop the ability to test for Ebola, with Quebec's facility already capable of doing so, Taylor says. Provincial labs in Ontario, British Columbia, Alberta and Nova Scotia will

soon be able to test for the virus as well, he says.

"They can rule out Ebola very, very quickly," Taylor says. "And if they get a preliminary positive they will ship that to our laboratory (in Winnipeg) and we will do a definite positive to be absolutely certain. And that's part of the preparedness in case somebody does get through, comes to Canada with Ebola." **THE CANADIAN PRESS**

## Visiting from Liberia

### U.S. Ebola patient

The first Ebola patient diagnosed in the United States told health-care workers on his initial hospital visit that he had recently been in an area affected by the deadly disease, but that information was not widely shared, a hospital official said Wednesday.

Thomas Eric Duncan went to a Dallas emergency room Friday and explained that he was visiting the U.S. from Liberia. He was sent home with antibiotics, according to his sister, Mai Wureh.

He returned two days later after his condition worsened and was admitted to Texas Health Presbyterian Hospital.

Dr. Mark Lester, who works for the hospital's parent company, said a nurse had asked Duncan whether

he had been in any part of West Africa, where Ebola has killed thousands. But that "information was not fully communicated throughout the whole team."

A day after the man's diagnosis was confirmed, a nine-member team of federal health officials was tracking anyone who had close contact with him.

The team from the Centers for Disease Control and Prevention was in Dallas to work with local and state health agencies to ensure that those people are watched every day for 21 days.

"If anyone develops fever, we'll immediately isolate them to stop the chain of transmission," Dr. Tom Frieden, the CDC director, said in an interview.

Duncan has been kept in isolation at the hospital since Sunday. He was listed in serious but stable condition. **THE ASSOCIATED PRESS**

## Argument over loud music. Man convicted of 1st-degree murder for killing teenager

A jury convicted a Florida man of first-degree murder on Wednesday in his retrial for killing a teenager after an argument over loud music.

Prosecutors said Michael Dunn had intent to kill when he fired 10 times into a sports utility vehicle carrying 17-year-old Jordan Davis and three of his friends in November 2012. The jury reached its verdict after more than five hours of deliberations.

Dunn, who took the stand in his own defence, said he fired in self-defence. He told jurors that he saw Davis flash

what he believed to be a rifle after the two exchanged words outside a convenience store.

Investigators never found a gun in the SUV or in the nearby area, and Davis' three friends testified that there was no gun.

Dunn was convicted of three counts of attempted second-degree murder in February and faced at least 60 years in prison. The jury in the first trial deadlocked on the first-degree murder count, which led prosecutors to retry him. **THE ASSOCIATED PRESS**



Michael Dunn enters the courtroom before the start of trial proceedings on Monday in Jacksonville, Fla. **THE ASSOCIATED PRESS**

## Propeller problem

### Passengers leave cruise ship stuck in Quebec City

Hundreds of passengers stranded since last weekend on board a cruise ship with mechanical problems have finally left the luxury liner. The MS Veendam was supposed to sail from Quebec City to Boston on Sunday on a Canada-New England cruise.

**THE CANADIAN PRESS**

## Quality concerns

### Health Canada bans some drug imports from India

Health Canada says it is banning imports of some medications and drug ingredients produced in India due to concerns about quality. The agency took the action against Apotex Pharmachem India, Apotex Research Private Ltd. and IPCA Laboratories. It says it has "significant concerns" with the manner in which research data is collected and reported, raising serious doubts about quality and safety.

**THE CANADIAN PRESS**

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## Karadzic genocide trial. Ex-Bosnian Serb leader insists he is innocent

Former Bosnian Serb leader Radovan Karadzic insisted Wednesday that prosecutors at the UN's Yugoslav war-crimes tribunal do not have "a shred of evidence" linking him to atrocities during the Bosnian war and accused them of trying not only him but all Bosnian Serbs.

Still, Karadzic acknowledged that as wartime leader of the breakaway Serb entity in Bosnia, he "bears moral responsibility for any crimes committed by citizens and forces."

### 1992-95 war

Karadzic is charged with crimes including genocide and persecution committed by Bosnian Serb forces during the 1992-95 war that left 100,000 dead.

The 69-year-old accused prosecutors of building their case on "allusions, random chit-chat (and) testimony by their own employees."

THE ASSOCIATED PRESS

### Terror charges dropped

## Former Gitmo detainee walks free

British prosecutors dropped terrorism charges Wednesday against former Guantanamo Bay detainee Moazzam Begg, just days before he was due to stand trial for allegedly attending

a terrorism training camp in Syria in 2012-2013 and for funding terrorism, among other charges.

Prosecutors acknowledged new evidence had emerged that undermined the case. Begg walked free after spending seven months in prison awaiting trial.

THE ASSOCIATED PRESS

# Jun Lin's ex testifies at Magnotta's murder trial



Feng Lin, left, an ex-boyfriend of victim Jun Lin, leaves the courtroom after testifying at the murder trial of Luka Rocco Magnotta on Wednesday in Montreal. RYAN REMIOWZ/THE CANADIAN PRESS

**Stayed friends.** Feng Lin says he stopped getting texts from Jun Lin on the day friends last saw slain student

Jun Lin was a fitness buff who didn't smoke, drink or do drugs, a former lover of the slain Chinese student told court during Luka Rocco Magnotta's first-degree murder trial.

Feng Lin testified Wednesday that he and Jun Lin, 33, were lovers from late 2010 until mid-May 2012, not long before some of Jun Lin's remains were found in trash outside a Montreal apartment building.

Feng Lin, a 35-year-old software company manager who travelled from China to testify, said Jun Lin's family did not know their son was homosexual. "He was experi-

encing some pressure from his family and he was kind of obliged to go into a relationship with a girl for an eventual marriage," Feng Lin said.

Feng Lin, who has permanent resident status in Canada, went to China for the summer on May 13, 2012, less than two weeks before Jun Lin was slain.

The witness testified they remained friends when the relationship ended and that he texted Jun Lin up to 50 times a day, with his ex-lover's last message coming on May 24, 2012. That was the day friends last saw the Concordia University student.

He said he asked friends in Montreal to look for Jun Lin, but they were unsuccessful. He then decided to come back to Canada. While in transit, he was told by a friend about a video online that appeared to show Jun Lin. THE CANADIAN PRESS



## EBOLA OUTBREAK THREATENS LIVES

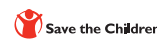
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This courtroom artist's rendering shows U.S. Magistrate Judge Deborah Robinson, left, presiding during Omar J. Gonzalez's case in court in Washington on Wednesday. DANA VERKOUTEREN/THE ASSOCIATED PRESS

# White House breach suspect enters plea

## Court case.

Omar J. Gonzalez's lawyer says his client is not guilty

A man accused of jumping a fence at the White House pleaded not guilty Wednesday to charges that he ran into the presidential mansion while carrying a knife.

A lawyer for defendant Omar J. Gonzalez, David Bos, entered the plea on his client's behalf in a 20-minute proceeding that grew contentious

because of a disagreement between Bos and U.S. Magistrate Judge Deborah Robinson.

Wearing a standard prison-issue orange jumpsuit, Gonzalez sat attentively at the defence table but did not address the court.

Robinson wants Gonzalez to undergo a forensic screening to determine whether he is competent to stand trial. Bos opposed that, telling reporters he does not want to provide the government with an extensive amount of information about his client that would be revealed by a forensic screening.

Bos said Gonzalez is com-

petent to stand trial, an assertion that marked the start of a dispute over whether Gonzalez will have to undergo the screening.

A three-count federal grand jury indictment issued Tuesday accuses Gonzalez of unlawfully entering a restricted building while carrying a deadly weapon — a federal charge.

He also was indicted in the Sept. 19 incident on two violations of District of Columbia law — carrying a dangerous weapon outside a home or business and unlawful possession of ammunition.

THE ASSOCIATED PRESS

## Bombing. Airstrikes in Mideast launched amid intelligence gaps: Officials

The Pentagon is grappling with significant intelligence gaps as it bombs Iraq and Syria, and it is operating under less-restrictive targeting rules than those U.S. President Barack Obama imposed on the CIA drone campaign in Pakistan and Yemen, according to current and former U.S. officials.

The U.S. military says its airstrikes have been discriminating and effective in disrupting an al-Qaida cell called the Khorasan Group and in halting the momentum of militants from the Islamic State of Iraq and al-Sham (ISIS) group. But independent analysts say ISIS remains on the

offensive in areas of Iraq and Syria, where it still controls large sections. Moreover, according to witnesses, U.S. airstrikes have at times hit empty buildings that were long ago vacated by ISIS fighters.

Human-rights groups say coalition airstrikes in both countries have killed as many as two-dozen civilians. U.S. officials say they can't rule out civilian deaths but haven't confirmed any.

"We do take extreme caution and care in the conduct of these missions," Rear Admiral John Kirby, the Pentagon's press secretary, told reporters Tuesday.

THE ASSOCIATED PRESS

# U.S. soldier won't face murder charge in shooting of Iraqi boys

The U.S. Army has dropped murder charges against a soldier in the shooting of two unarmed Iraqi boys during a blown reconnaissance mission in 2007, but he still faces prosecution on allegations that he obstructed the investigation and threatened a journalist's wife.

The murder charges were dropped against Sgt. 1st Class Michael Barbera after I Corps Commander Lt. Gen. Stephen Lanza at Joint Base Lewis-McChord reviewed the results of a pretrial hearing held last spring. The News Tribune of Tacoma reported.

The results of the hearing have not been made public.

Witnesses said the brothers were shot as they herded cattle in Diyala Province. Barbera was part of a team that was supposed to remain hidden for a few days to monitor enemy activity.

In testimony at a pre-trial hearing in April, five soldiers who were with Barbera that day said that they did not perceive the

boys to be a threat. One, former Spc. John Lotempio, testified that the boys were 182 metres away when Barbera took a knee, aimed and fired.

The shooting wasn't initially reported up the chain of command, but the army looked into it two years later and declined to prosecute. Some of Barbera's fellow soldiers remained troubled by that and spoke with a Pittsburgh paper, The Tribune-Review, which published an investigation in 2012.

Barbera was charged last fall. His lawyer, David Coombs, called the allegations baseless and questioned why — if the shooting violated rules of engagement and was so troubling — Barbera's comrades failed to report it for two years. Coombs alleged that the newspaper's "hit piece" and congressional pressure improperly influenced the army's decision to file charges.

THE ASSOCIATED PRESS

## At a glance

- The remaining charges allege that Sgt. 1st Class Michael Barbera threatened a Tribune-Review reporter's wife, saying she needed to tell her husband to back off the story, and that in 2009, he tried to get a soldier to tell investigators the boys might have been wearing suicide vests.
- Barbera could face up to eight years in confinement if convicted.
- Barbera was serving with a cavalry squadron from Fort Bragg's 82nd Airborne Division when the boys were shot.

## On the web

For more news, go to metronews.ca



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## Smaller number

Canada has just 26 special-forces 'advisers' in Iraq, according to email

The number of Canadian special-forces soldiers advising Iraqi and Kurdish forces is much smaller than originally thought.

Foreign Affairs Minister John Baird has apparently confirmed in an email to the Opposition NDP that only 26 of the highly trained troops are deployed in and around Irbil, in northern Iraq. The Conservative government revealed last month that up to 69 commandos were slated to deploy to help local forces battle the Islamic State of Iraq and al-Sham (ISIS). THE CANADIAN PRESS



# Your

yikes, I can't believe it's already time for **pumpkins** and **turkey dinner** with all the trimmings that will surely end up on the **tablecloth** I'm making with the **fabric** I found while I was on my way to the **salon** – and I can't forget to pick up that **birthday card** and a new **watch** for Michael and what kind of **birthday cake** goes with turkey kind of **place.**

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## Protesters vow to occupy buildings

**Hong Kong.** Families, students, retirees and foreigners who live in the city join protesters

Raising the stakes in their standoff with authorities, Hong Kong's pro-democracy protesters threatened to occupy government buildings unless the territory's top official resigns by the end of Thursday.

The Chinese government, meanwhile, appeared to be losing patience. An editorial solemnly read Wednesday on state TV said all Hong Kong residents should support authorities in their efforts to "deploy police enforcement decisively" and "restore the social order in Hong Kong as soon as possible." The Communist Party-run People's Daily warned of "unimaginable consequences" if the protests persist.



**Demonstrators in Stockholm, Sweden, show their support for pro-democracy protests in Hong Kong on Wednesday.** CLAUDIO BRESIANI/THE ASSOCIATED PRESS

Protesters heckled Hong Kong Chief Executive Leung Chun-ying on Wednesday when he arrived for a flag-raising ceremony to mark the anniversary of the 1949 founding of Communist China. Hundreds yelled at him to step down, then fell silent and turned their backs when the ceremony began. In his

speech, Leung did not mention the protesters, but told the crowd it would be better to agree with Beijing.

Turning up the pressure on leaders in Beijing, sympathy protests sprang up in Macau, a former Portuguese colony that China took over in 1999, and in Taiwan, which China claims as its own. **THE ASSOCIATED PRESS**



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NEWS

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## Safe and sound. Spanish scientist rescued after spending 12 days in cave

A Spanish speleologist has been rescued after 12 days trapped about 400 metres underground in a Peruvian cave in the country's remote Amazon region.

Rescuers brought 44-year-old Cecilio Lopez out of the mouth of the cave Tuesday to cheers from an international team of 107 people, who joined in the effort to get him out after he was injured deep in the cave. The rescuers, who included 58 Spaniards, hugged each other in excitement.

Peruvian civil-defence of-

### Injured in the fall

Not only was Cecilio Lopez trapped for 12 days in a cave 400 metres underground, he also had a concerning injury.

- Injured back. Doctors have diagnosed Lopez with two injured lumbar vertebrae.

Officials said he would be flown in an air-force helicopter to Lima. **THE ASSOCIATED PRESS**

### India

## Train crash kills 12

A train overshot a stop signal and plowed into another express passenger train in India's northern Uttar Pradesh state, killing 12 people and injuring dozens, officials said Wednesday.

Three coaches of the

Barauni Express derailed and toppled over after the Krishak Express crashed into it near Gorakhpur city station late Tuesday, said Madhuresh Kumar, an Indian railways general manager. The Krishak Express driver and his assistant were suspended after it was determined that they overshot a stop signal before the crash. **THE ASSOCIATED PRESS**

# Mount Ontake eruption death toll climbs to 47



Rescuers conduct a search operation near the peak of Mount Ontake in central Japan on Wednesday. Rescue efforts for people missing since Saturday's surprise eruption resumed Wednesday morning. **THE ASSOCIATED PRESS**

**Police paint 'severe' picture.** Japan's most fatal postwar-era volcanic eruption also left nearly 70 injured

One body recovered near the volcano's peak was in a squatting position and had to be dug out of a thick layer of ash. Another was caught between boulders bigger than large refrigerators. Police who recovered the bodies Wednesday portrayed a painful scene of death around the summit where hikers enjoying an autumn weekend were surprised by the mountain's eruption.

The death toll from Saturday's eruption on Mount Ontake — one of the country's 110 active volcanoes — in central Japan rose to 47, Nagano police said in a statement. While ash and gases were spewing from the crater,

search teams wearing surgical masks and helmets carried devices to measure the toxicity of the gases to make sure it was safe to be on the slopes.

Ontake's was the most fatal eruption in postwar history, exceeding the 43 killed in the 1991 eruption of Mount Unzen in southern Japan.

Japanese authorities mobilized CH-47 helicopters to bring the last of the bodies down to the foot of Mount Ontake from the summit, where police said they found many of the bodies.

Nagano police riot-unit leader Mamoru Yamazaki described the rescue scene as "severe."

Authorities said all of the known victims have been recovered, but the decision on whether to end the search is still being evaluated.

In addition to the 47 lost lives, nearly 70 were injured as they tried to escape down the mountain.

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# IDEAL HOME SHOW



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## Exhibitors ready to show off their work

The Fall Ideal Home Show is the only fall renovation showcase in Atlantic Canada, and the biggest home show period when it comes to content and floor space.

Everything any homeowner could want or need from the leaders of Nova Scotia's building and home improvement companies will be under the Exhibition Park roof Friday through to Sunday.

"Mid- to late fall is an excellent time to take on a renovation project or begin construction on a new home," says Bev Campbell, show manager. "With summer projects winding down, builders often have more time to dedicate to their clients. It's also a great time to start planning projects for the busy spring season, so you can book the services you'll need in advance and be ready to go."

A multitude of exhibitors are ready to dish advice and show off their work. Exhibitor categories include: New homes and renovations; real estate, home inspection and financial services; home decor and design, painters; heating and ventilation; bathroom, kitchen and flooring; foundations, roofing and eavestroughing; water treatment and waste management; stoves



and fireplaces; and alternative energy.  
The Fall Ideal Home Show is not only a

playground for adults, but kids, too. Scouts Canada will host the Kids Corner, which

**"WITH SUMMER PROJECTS  
WINDING DOWN,  
BUILDERS OFTEN HAVE  
MORE TIME TO DEDICATE  
TO THEIR CLIENTS.  
IT'S ALSO A GREAT TIME  
TO START PLANNING  
PROJECTS FOR THE BUSY  
SPRING SEASON ..."**

**— Bev Campbell,  
Fall Ideal Home Show manager**

will include bingo, crafts for children of all ages, and face painting. Scouts Canada will also be happy to talk to parents about scout groups in the area.

There are plenty of family-friendly booths to check out along the way. Today, moms, dads, grandparents, and even aunts and uncles, are eager to learn more about how to improve the lives of the children around them and the Fall Ideal Home Show will let them test and learn about all the latest products. And make sure to watch out for mascots, games and activities, too.



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- 3pm-4pm Power Strength & Energy Solutions  
*Wood and Sun - a great marriage*
- 6pm-7pm The Heat Pump Guys & Samsung Canada  
*Sizing a heat pump for your house*

**SATURDAY, OCT 4**

- 11am-12pm Solar Nova Scotia  
*Passive Solar Home Design*
- 12pm-1pm Health Canada – Environmental Health Program  
*Radon Guidelines*
- 1pm-2pm Power Strength & Energy Solutions  
*Wood and Sun - a great marriage*
- 2pm-3pm The Heat Pump Guys & Samsung Canada  
*Sizing a heat pump for your house*
- 3pm-4pm Steffes  
*Electric Thermal Storage (ETS) – Time of Day Use (TOU)*

**SUNDAY, OCT 5**

- 11am-12pm Power Strength & Energy Solutions –  
*Wood and Sun - a great marriage*
- 12pm-1pm Health Canada – Environmental Health Program –  
*Radon Guidelines*
- 1pm-3pm Solar Nova Scotia – 2 part session  
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# CONTESTS FOR EVERYONE

## HOME SHOW UTILIZING SOCIAL MEDIA

The Fall Ideal Home Show is going super interactive this year.

Master Promotions Ltd., organizers of the show, launched several social media related contests for attendees.

"We're trying to do some different Facebook contests just to engage people in different ways," says Catherine MacNutt, marketing manager with Master Promotions.

Before the show started, people were asked to shoot a selfie in the middle of a home renovation to be entered to win a Samsung tablet. People were also encouraged to "like" and share the home show's

Facebook page to win prizes like Neptune Theatre tickets. The contests worked, MacNutt says, since they tripled their likes within a month.

There is another selfie contest scheduled during the show.

"When you're at the show, there's a little booth and you do a selfie of yourself wearing a hard hat, tool belt and holding a hammer sort of thing," she says. "Then you post it to Facebook right away from your device. At the end of the show we'll award another Samsung tablet."

But tablets aren't the only prize to be won at the show. There's a cash dash every

day, MacNutt says. "We'll be stashing \$100 certificates throughout the show. When you find one, you bring it to the show office to get a \$100 bill."

Hints to the location of the hidden certificates will be posted on the show's Facebook page. There will be a couple certificates stashed each day of the show.

This is the first time the show has run these particular contests. MacNutt says there are many people who renovate their homes and communicate with each other through social media.

"We just feel we're not reaching them if we don't communicate with them on those platforms that they're using," she says.

The Fall Ideal Home Show runs from Friday through to Sunday at Exhibition Park.

# Sleep systems adjust to your natural curves

While people have traditionally slept on flat mattresses, the popularity of adjustable sleep systems has grown exponentially in recent years. And with good reason.

Adjustable sleep systems allow for ergonomically correct positioning, allowing the natural curves of the spine to be respected while you sleep.

"By promoting a healthy posture during sleep, a lot of those discomforts or problems that people experience which inhibit deep and restful sleep, can be avoided," says Jordanna Caine, president of Simmons Mattress Gallery.

Most people toss and turn while sleeping to relieve pressure off the back. This interrupts the natural sleep cycle and steals your body's ability to regenerate and process memories while you sleep. This affects how people feel the next day and how they function emotionally, mentally and physically.

## SEE NATURAL SLEEP PRODUCTS

Simmons Mattress Gallery will be showing off its line of latex products at the Fall Ideal Home Show. Latex is natural and is tapped from the rubber tree — just like maple syrup. Simmons Mattress Gallery carries these natural products for infants, children and adults. It will also be introducing the all new Tempur-Pedic collection as well.

Adjustable sleep systems, because they respect the natural curves of the spine, help prevent tossing and turning. Small adjustments can increase blood circulation, open airways to help prevent snoring, breathing difficulties and acid reflux, help

with restless legs, and offer additional benefits.

While adjustable sleep systems were once just popular with seniors and people who had certain issues that necessitated using them, that is no longer true.

People of all ages are taking advantage of the lifestyle benefits that adjustable sleep systems offer. Some added bonuses are that you can choose the colour of the upholstery of most bases to match your decor, and there are also a couple of friendly split-top beds.

At the Fall Ideal Home Show, Simmons Mattress Gallery will display these types of beds and will be selling them off at heavily discounted rates of 50 per cent or more.

Simmons Mattress Gallery will also be displaying hospital-style beds (beds with side rails). This product was once only available from medical-supply stores.



Jordanna Caine, president of Simmons Mattress Gallery sits on a split-top adjustable bed. CONTRIBUTED



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# Discover new information

Everyone likes something new. And there is plenty of new at the Fall Ideal Home Show.

Everything To Do With Wood is a show inside the Fall Ideal Home Show. It's for anyone interested in shopping for wood products and furniture and learning about home heating with wood.

Don't forget to check out wood artist Andy Ward, who will be working on sculptures with an electric chainsaw and chisel all weekend.

Home heating experts will be ready for your questions at the show's Ideal Home heat-ing section.

The leaves have barely started to change, but don't forget winter is coming. The time to get the house ready for the cold is now.

This section will focus on preparing for the winter with information on home heating products and services like generators, heat pumps, insulation, fuel, and snow blowers.

Scotian Homes is sponsoring the Fall Ideal Home Energy Stage. Watch for demonstrations, seminars, and information on home heating throughout the weekend.

## SHOW DETAILS

### SHOW HOURS

- Friday — noon to 8 p.m.
- Saturday— 10 a.m. to 6 p.m.
- Sunday — 10 a.m. to 5 p.m.

### LOCATION

- Exhibition Park

### ADMISSION

- Adults: \$8
- Seniors (65 plus): \$6
- Juniors (10-16): \$6
- Children younger than 10 free are when accompanied by an adult
- Family pass (two adults and two juniors): \$20

For more information, visit [facebook.com/FALLIDEAL](https://facebook.com/FALLIDEAL) or [fallideal.ca](http://fallideal.ca).

The Scotian Homes Home Energy Stage will provide a wide variety of information about

getting cosy and saving money on energy this winter.

Heat Pump Guys/Samsung Canada representative Rick Morash will talk about sizing a heat pump for your house, while Health Canada will give much needed information about Radon guidelines, one of the many things covered in its environmental health program.

Solar Nova Scotia will be on hand to discuss passive solar home design, as well as solar for electricity, hot water and hot air.

Rounding out the program, Power Strength & Energy Solutions will discuss wood and sun — a great marriage. These sessions are free during the three-day event. Check [fallideal.ca](http://fallideal.ca) for times.

Before heading out to Exhibition Park this weekend, don't forget to bring along that old DVD player with you. The show will feature a temporary drop-off site for the Nova Scotia Electronic Products Recycling Association. It will be open on Saturday between 10 a.m. and 5 p.m. Drop off your unwanted electronics to have them recycled free of charge.



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## ADOPT A CAT AT THE HOME SHOW

Pets make a home for many people.

So when it comes to a home show, which incorporates everything including kitchen sinks, there is a place for pets, too. The SPCA will have a booth at the Fall Ideal Home Show and staff will bring along some fuzzy cuteness.

"We wanted to provide an opportunity for more adoptions, primarily cats, through the SPCA because they're a wonderful no-kill shelter and we respect what they're trying to do," says Catherine MacNutt, marketing manager with Master Promotions, organizers of the home show.

"We thought it was a tie-in because there's not a lot of homes now that don't have a pet and it's certainly part of a home."

The SPCA has attended the home show for the past handful of years, adopting out many cats and dogs.

Courtney Zylstra, with Nova Scotia SPCA, says she doesn't know how many animals will be coming to the show until right before the show.

"We're hoping for at least this year to have a litter of kittens and some adult cats. In terms of dogs, we're hoping for puppies but that depends if they get adopted in the days leading up to the home show."

Cats can be adopted right off the Exhibition Park floor, but dog adoptions are a little more complicated and take a few days. Zylstra says they will take applications for dog adoptions at the home show, but the paperwork will be taken back to the shelter for consideration.

"It's great success for us," she says. "It's a great awareness event, definitely."

"And people getting to witness first-hand how awesome a shelter pet is is great."

MacNutt said last year the SPCA brought along a kennel full of puppies, which was a big draw for both adults and children.

"Each year we seem to get more animals adopted right from the show or pending adoptions in place," MacNutt says. "We're happy to be a part of that."

"We had to move their location because there were so many people crammed into their area that we had to find a bigger spot. It's pretty hard to resist if you're an animal person at all."





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# SCOUTS TAKE OVER KIDS CORNER

## ENJOY VARIOUS ACTIVITIES AND CRAFTS

When the previous host of the Kids Corner, declined this year, Scouts Canada stepped in to fill the void.

Catherine MacNutt, marketing manager with Master Promotions, which is putting on the Fall Ideal Home Show, said she asked Scouts Canada if it would be interested in hosting the kids activity area. The group jumped at the opportunity. "Who better to handle that kind of thing?", she says. "And, my gosh, they didn't let me down."

HRM scout troops started with a marketing contest to determine which troop could get the most posters out into the community and share the home show page on Facebook. The

troop with the most posters and Facebook shares will win a cash prize.

Kids attending the show will get a unique bingo card as they walk in the doors. The card will have several different paw prints on it and corresponding booth numbers. When they scout out each booth, they will find a sign with the name of the animal's footprint. When the bingo card is full, kids can take it to the Kids Corner for a ballot to enter a draw for a scout membership.

Scouts will be hosting a number of activities and crafts at the Kids Corner. They will also be collecting certain electronics for recycling on Saturday from 10 a.m. to 5 p.m.

And Peter Biddle with Scouts Canada said they will be happy to talk to parents about joining scouts.

"We wanted to make the general public aware that scouting is alive and well in Nova Scotia and it gives us the opportunity to show what we do. And while they're at our booth, we're going to have sessions going on as well where kids can come in and do projects. They can have fun and see what scouting does."

"We're also really grateful that the Girl Guides of Canada will be joining us on Saturday and Sunday with games and crafts," says Wendy Land, area commissioner, Harbourside Girl Guides of Canada, Nova Scotia. "There will be free face painting at their booth over the weekend as well, on a first come, first served basis."

# Build a house today for your home of the future

## With Scotian Homes

Scotian Homes takes pride in building homes people will love today and tomorrow.

"We're most excited about being able to build customized homes for people," says owner Suzanne Bona. "We are integrating the design flexibility for aging in place, together with lasting energy efficient building techniques."

That means thinking ahead, so the house you build today can be your house in the future when you may have mobility issues. Scotian Homes fully customizes homes to the client's lifestyle today and tomorrow, so people can live at home longer and more comfortably.

Homebuyers are also increasingly interested in designing a home with a smaller footprint.

"It's a real high when we take a plan from a customer and try to make it fit within their



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budget. It's challenging and rewarding that you can take a smaller footprint and still have nice open spaces and accommodate the various features they want."

Renovations to existing homes remain a strong facet of the company, which also helps people make the changes they want to homes

they buy to allow for growth or different lifestyle needs without having to move from their neighbourhoods.

People choose Scotian Homes because it continues to strive for new construction methods, staying on top of trends in design, size and features, and reducing energy use.

"Certainly, top of the list is energy efficiency," Bona says. "We're pleased to be building their home."

The company started more than 40 years ago, when Bob Bona, Suzanne's father, saw an opportunity to start supplying packages to people building their homes.

"And that was the birth of Scotian Homes," she says.

Suzanne took over Scotian Homes from her father. It remains the go-to place for young people looking for their affordable first home, mid-career professionals upsizing, or retired people downsizing into a retirement home, or finally building the home of their dreams for their golden years.

Working with top-quality materials from the Enfield Home Hardware Building Centre, Scotian Homes makes superb homes — on time and on budget. That earned it the nickname of "Nova Scotia's most trusted home builder."

## BUILDING TRUST SINCE 1972

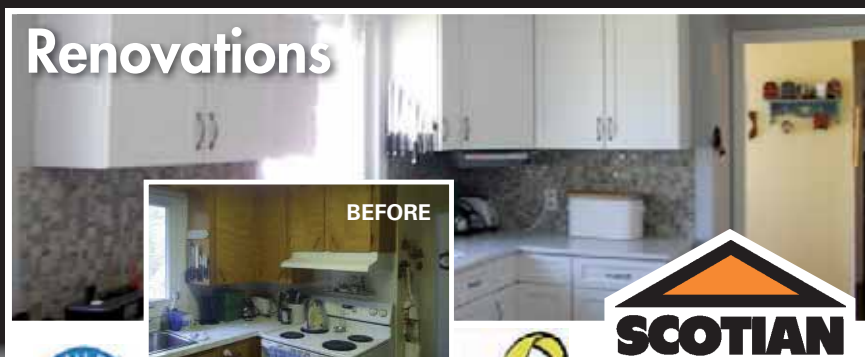
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# AN ALTERNATIVE TO BIG OIL

## AFFORDABLE FUEL OFFERS MANY SERVICES

When Steve Williams started Affordable Fuels in 2004, he wanted the company to offer an alternative to the high prices of the big oil companies while still providing exceptional service to its clients.

Ten years later, he has succeeded.

Not only does the company provide fuel delivery, but it offers a full range of services to meet its clients' home heating needs.

Two years ago, Affordable Fuels purchased Metro Home Heating Ltd., which means it now offers furnace cleanings, sales and service for furnaces, oil tanks, and water heaters. This one-stop shop of options is convenient for clients, but also helps make it easier to ensure the appropriate maintenance and inspections are done on a client's home heating equipment.

"Having your oil tank inspected on a yearly basis is as important as having a cleaning on your furnace," Williams says. "If you don't clean the furnace every year, it may cost you more due to it being less efficient."

To arrange for a fuel delivery from Affordable Fuels, book online at [affordablefuels.ca](http://affordablefuels.ca) or call 431-4328. The locally-owned and family-run business offers deliveries Monday to Saturday to Halifax, Dartmouth, Bedford, Spryfield, Clayton Park, Fairview, Beechville, Lakeside, and Timberlea.



RICHARD WOODBURY PHOTO



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## Spending a small amount now will save money later

### *Trinity Maintenance Solutions can help*

Trinity Maintenance Solutions provides residential, commercial, and industrial customers with a broad range of energy-saving solutions.

That includes foundation insulation, attic

insulation, wall insulation, industrial insulation, fire barriers, vapour barriers, thermal imaging, and fire stopping.

"At Trinity Maintenance Solutions, we believe in creating cost-effective solutions for insulating your home," says Jonathan Berkman, the company's business development manager.

"Each home presents a different set of challenges. We offer free estimates in order

to take the time and care needed to address all situations. With Nova Scotia's quickly changing climate coming fast upon us, don't get caught in the cold."

A short, toll-free call to 1-877-955-4333 will let you book your free estimate. You will soon see how spending a small amount on upgrading your insulation will save you valuable heating dollars this winter.

It's also good for the environment. Trinity Maintenance Solutions does its part to ensure the carbon footprint of Nova Scotia does not grow. By keeping the heat people produce in their homes and businesses, it lowers the amount of fuel required. That, in turn, reduces the harmful greenhouse gases used to produce the heat in the first place.

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## RELAX, UNWIND IN A HOT TUB

With a gorgeous, bubbling hot tub on display at the Fall Ideal Home Show, Tara McBurney is not surprised people stop by with their swimsuits.

"If you're brave enough, you can definitely come over and take a dip," says McBurney, general manager of McBurney Pools and Spas. "People usually do."

You won't be able to miss it, she says, as the McBurney's exhibit is the first booth past the front doors.

Beachcomber Hot Tubs are hard to resist. They are made in Surrey, B.C., and are known for their hybrid hot tubs, which are

one of the most energy-efficient hot tubs in the industry. They come in several sizes, accommodating four to eight people.

Just imagine sitting in hot tub watching the leaves fall in the back yard.

"The nights are cold and people are looking to get that family connection and they're able to go out and soak in the hot tub with their family and have no electronics to disturb their conversation," McBurney says.

McBurney Pools and Spas is a locally owned and operated hot tub company in business for 30 years. The showroom is located at 100 Frazee Ave., in Dartmouth.

## Credit Union helping the local economy

Credit Union Atlantic is a locally-owned co-operative financial institution, with members being both customers and owners.

President and CEO Marie Mullally says that's why people enjoy banking with Credit Union Atlantic (CUA).

"We share our decision-making with the people who access our products and services," she says. "Since we're local, we live, work, spend and save in the same community as our members, so banking with us means that our members are helping to strengthen the local economy. Everything we make gets reinvested in the business and the community."

CUA tailors its products and services to the unique needs of each member, and offers expert financial advice.

CUA's new deposit anywhere feature with the CUA mobile banking app lets members deposit cheques safely and securely with their smartphones.

"We've also introduced a team of mobile banking advisers, where our friendly experts bring their financial expertise to you — anywhere, anytime," Mullally says. "Members



Marie Mullally, centre, and her son sign up for Credit Union Atlantic's Humanomics Youth Savings Account at the Spring Garden Road branch with financial service officer Rhonda Lorimer. RICHARD WOODBURY PHOTO

can meet to discuss their financial and investment needs in the comfort of their own home, or at a location that's most convenient for them — days, evenings, or weekends."

As a bonus, CUA's community partners program gives members discounts at more than 160 local businesses just by showing their member card. Members can save money and support local spending at the same time.

For more information about CUA, visit [cua.com](http://cua.com) or call 902-492-6500.



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# Learn how a heat pump can save you money

## *Heat Pump Guys/Samsung Canada installs best quality*

Simply put, heat pumps save consumers money.

"Government of Canada studies show heat pumps are three to four times more efficient than oil or electric heating sources," says John Murray of Heat Pump Guys/Samsung Canada.

But that's only part of their appeal. Not only do they provide comfortable heat in the winter, they also cool in the summer.

Heat Pump Guys/Samsung Canada installs all major brands and types of heat pumps for residential and commercial use.

The company is conducting workshops at the Ideal Fall Home Show on the proper sizing and installation of high-efficiency heat pumps. The company has arranged for Rick Morash, its representative from Trane/Samsung, to speak on Saturday at 2 p.m. and Sunday at 1 p.m.

"The Samsung Whisper line is state-of-



CONTRIBUTED

the-art. You can even control it from your Android or iOS device from across town or the other side of the globe," Murray says.

Quality installations are crucial to the effectiveness of heat pumps and quality installations are a given with Heat Pump Guys/Samsung Canada. The head of its installation team has almost 40 years of experience.

"We take pride in our work, which is why most of our new business comes from referrals," Murray says.



SHUTTERSTOCK

## Budget Blinds has you covered

Superior service, free in-home consultations and installations, and a fantastic five-year warranty (in addition to a limited lifetime manufacturer's warranty) help distinguish Budget Blinds of Halifax and Dartmouth from the competition.

"We have an exclusive, no-questions-asked warranty that nobody else in the industry has," says owner Tracey Keenan.

The warranty covers unexpected occurrences such as if a pet was to chew the blinds or if a child was to use a blind as the canvas for an art project. In instances like this, the blind is replaced. Because Budget Blinds does the consultations in home, clients see how

the large selection of products will look in their home and whether they match up with the decor and lighting.

Keenan says there are a few trends in the window treatment world. For one, blinds are more popular than drapes and continue to become even more popular. For the blinds themselves, people are keeping them simple, preferring to use neutral colours and letting the cushions and area rugs decorate the home. They also sell cushions and area rugs.

Budget Blinds will be at the Fall Ideal Home Show, which is being held Friday to Sunday. Budget Blinds will be putting on a draw for \$1,000 in window treatments.

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# Pioneer Fuels meets your heating needs

## *Company also gives back to community*

Pioneer Fuels arrived in Atlantic Canada a year ago, just in time for one of the toughest winters on record.

But that only served to heat up its commitment to customer satisfaction.

"We are pleased to have so much to celebrate in our first year of serving customers in the Maritimes," says Charles Higgins, general manager at Pioneer Fuels.

"We have increased staff and doubled our fleet of trucks to ensure we can continue meeting our customers' home heating needs no matter what Mother Nature brings our way."

In addition, Pioneer Fuels has found other ways to help keep customers warm, Higgins says.

"Through various promotions we have rewarded our customers with 20 trips to Cuba, and six free home heating systems. More importantly, we continue to provide free home heating fuel to families in need, and are proud supporters of several sports teams throughout Atlantic Canada.

"We are committed to giving back to the



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communities we serve."

If you are looking for a free quote on your

home heating costs, you can contact Pioneer Fuels at 310-3776, or 1-855-554-0554, or visit

its booth (No. 654) at the Fall Ideal Home Friday through to Sunday.



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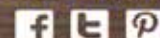
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BUSINESS

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Thursday, October 2, 2014

# Your genes unlocked

**DNA.** 23andMe now offers ancestry and genetic health info to curious Canadians

By the numbers

**\$199**

The cost of the service

Canadians interested in learning about their DNA can now send their spit to 23andMe, a Silicon Valley company, and receive information about their ancestry and reports on their genetic health risks.

The service, which has been banned in the U.S., analyzes participants' DNA and, through its website, provides information about customers and their family members based on their genetics.

Customers receive a report on their ethnic ancestry and are given the option of connecting with their unknown relatives in the 23andMe database.

Canadian customers receive access to 108 health-related reports on genetic risk for health conditions, drug responses, genetic traits and inherited conditions.

23andMe used to offer a similar health-report service in the U.S. but was banned from doing so by the Food and Drug Administration for failing to provide the FDA with information to support the claim that its reports are accurate.

23andMe CEO and co-founder Anne Wojcicki said the company is working with the

FDA to gain approval but that it didn't have to jump the same regulatory hurdles in Canada.

"We've come here a number of times and met with Health Canada," she said. "We got the specific feedback that we are not a therapeutic. Therefore we do not require pre-market approval."

The health-related information 23andMe offers Canadian customers ranges from frivolous to serious. For example, customers will automatically see if they have a high or low tolerance for caffeine.

However, they have to opt-in to learn if they have mutations of the BRCA gene that present a high risk for breast cancer, the LRRK2 and G2019S mutations that present a risk for Parkinson's or variants of the APOE gene that present a higher risk for Alzheimer's. They are given information about the link between the genes and the diseases before choosing to opt-in.

Customers can also download their raw genetic info and share it. **JESSICA SMITH CROSS/METRO**

Next week Metro will take a look at the implications of 23andMe and commercial genetic testing.



## Health Canada cracking down on flavoured tobacco

Candy-flavoured cigars appear on display at a custom tobacco shop in Albany, N.Y., in 2013. In Canada, the federal government is aiming to crack down on flavoured tobacco products that target young smokers. Health Minister Rona Ambrose is proposing regulatory amendments that would further restrict access to the items. Ambrose also says she's asking the federal standing committee on health to study the potential risks and benefits of so-called e-cigarettes and to seek the advice of health experts.

HANS PENNING/THE ASSOCIATED PRESS

## True. Pepsi launching mid-calorie soda option

There's Pepsi, Diet Pepsi and now Pepsi True, a mid-calorie version of the soda made with natural sweeteners.

PepsiCo Inc. said Wednesday the latest version of its flagship soda will have 30 per cent fewer calories than regular and be made with a mix of sugar and stevia, a natural sweetener with no calories.

The drink will go on sale later this month on Amazon.com before eventually being rolled out to supermarkets and other traditional outlets, according to the company. It will

come in 7.5-ounce cans, each 60 calories.

As Americans keep cutting back on soda, Coca-Cola and Pepsi have been looking for ways to win back customers by addressing concerns about the high-fructose corn syrup in regular soda as well as the artificial sweeteners in diet sodas.

Executives have pushed to come up with formulas with fewer calories using only natural sweeteners. But the bitter aftertaste of some natural sweeteners has made that a struggle. **THE ASSOCIATED PRESS**

### Security

## Kimmel the most dangerous celeb online: McAfee

If you're about to Google Jimmy Kimmel, beware.

Computer security company McAfee says the talk-show host is the most dangerous celebrity to search for online.

The company said Tuesday that a search for Kimmel carries a 19 per cent chance of landing on a website that has tested positive for spyware, viruses or malware.

**THE ASSOCIATED PRESS**

### Market Minute

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89.51¢ (+0.22¢)

**TSX**  
14,805.44 (-155.07)

**OIL**  
\$90.73 US (-0.43¢)

**GOLD**  
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# THE HIDDEN COSTS OF FLYING (FOR DUMB PEOPLE)

I'm in favour of the new checked-baggage fees on Canadian airlines because, when it gets right down to it, I'm in favour of anything that will get everybody else to stop flying.

I like flying myself. Literally, I like flying *myself*.

Unfortunately, flying is more popular than ever, even as airlines charge for everything "extra," such as the wings. At this rate the oxygen masks will all be coin-op and the flight attendants will tell you not to blow up your life jacket until you've paid the Emergency Improvement Fee. Inflation these days.

The airlines' new fees caused a media tizzy and led to a series of helpful TV pieces letting you know that you can avoid checked baggage if you:

- Wear all your clothes at once à la the snowsuit in A Christmas Story.
- Roll what you can, including T-shirts and your iPhone 6.



**HE SAYS**  
**John Mazerolle**  
metronews.ca

- Condense all your rage at airline fees down into an angry little ball deep in your soul, where it won't bother anyone. For now.

Airline customers are upset, but if it keeps them on buses or motorcycles or skiffs then, by all means, charge them a landing-gear fee during final approach.

I'll be cool with that, because the fewer people in the air with me, the better. Every time I fly my thought is always the same: has nobody ever flown before?

It starts at the airport. EVERYBODY lines up for the plane at the first sign of boarding as if the pilot is out front revving the engine and honking the horn because he has to get to Newark before the liquor store closes.

People have told me this is because passengers want to get good space for their overhead baggage, but I maintain it's because they are not the sharpest tool on the banned-items list.

Why? Because they do the same thing when it's time to get off.

During boarding I'm amused, but while disembarking it drives me nuts. Passengers leap to their feet the second the plane stops — with the door closed, the stairs missing, no space to stand up and a layout that requires you to exit one row at a time. All so you can rush to a baggage carousel that has no baggage on it yet.

So everybody's annoyed at flying right now, including me, but I have a compromise that could help: airlines should drop the proposed checked-baggage fees and instead make up costs by charging for all in-flight idiocy. I call them Facepalm Fees.

Even putting aside the rush to get on and off, airlines could introduce penalties for leaning on aisle seats as you walk (\$5), talking to flight attendants like they're servants (\$100) or whomping your seat backward during the meal (summary execution).

Another solution would be for me to relax, but I'm afraid it's impossible with all this emotional baggage.

## But don't they know climate change is a myth?



**Main:** Pacific walrus off the coast of Alaska. **Inset:** in this aerial photo, some 35,000 walrus gather on shore near Point Lay, Alaska.  
**MAIN:** U.S. FISH AND WILDLIFE SERVICE/THE ASSOCIATED PRESS; **INSET:** COREY ACCARDO/NOAA/THE ASSOCIATED PRESS

### Weary walrus come to shore in record numbers

Pacific walrus that can't find sea ice for resting in Arctic waters are coming ashore in record numbers on a beach in northwest Alaska.

An estimated 35,000

walrus were photographed Saturday near Point Lay, an Inupiat village more than 1,000 kilometres northwest of Anchorage, according to the National Oceanic and Atmospheric Administration.

The gathering of walrus on shore is a phenomenon that has accompanied the loss of summer sea ice as the climate has warmed.

Pacific walrus spend winters in the Bering Sea. Females give birth on sea ice and use ice as a diving platform to reach snails, clams and worms on the shallow continental shelf.

Unlike seals, walrus cannot swim indefinitely and must rest. They use their tusks to "haul out," or pull themselves onto ice or rocks.

**THE ASSOCIATED PRESS**

### The walrus speaks

"The walrus are telling us ... that the Arctic environment is changing extremely rapidly and it is time for the rest of the world to take notice."

World Wildlife Fund's Margaret Williams

### MetroTube



## The amazing underground race



**ANDREW FIFIELD**  
andrew.fifield@metronews.ca

A while back, a London man took one of those Race The Subway To The Next Stop challenges, dashing his way to the sweet reward of collapsing onto the floor of a subway in an exhausted heap. Well, another Londoner named Anthony wanted in on the challenge. There's just one twist, however. Anthony uses a wheelchair to get around, which makes racing to a station that may not be terribly accessible — like many transit stations around the world — trickier than usual. (The Free Help Guy/YouTube)



### Comments

**RE: Half the World's Animals are Gone: The First Step is Admitting We're the Problem, published online Oct. 1, 2014**

Fear not, I'm sure we have people in the field doing all they can to finish off the other half.

**Maple Syrup, posted to metronews.ca**



### SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 34 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
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# Halifax's UFC fans don't need to fight for their right to party

## After Fight Night.

Local heavy metal musician has arranged an after-party full of hard-hitting music acts



### BACKSTAGE PASS

Jenna Conter  
halifax@metronews.ca

Two misfits — UFC and heavy metal music — have paired up to bring Haligonians a night of blood, sweat, and rock 'n' roll.

"If there's a better soundtrack to getting kicked in the face than heavy metal, I would love to hear it," says Josh Hogan, frontman for local heavy metal band Orchid's Curse.

Hogan is just one of the acts that will take to the Seahorse Tavern stage Saturday night for Fight Night, the unofficial UFC after-party, taking place following Halifax's first live UFC event.

The event sold out within minutes and will pack the Scotiabank Centre. After fans sit, stand and cheer their



Orchid's Curse is headlining an after-party show for UFC Fight Night on Saturday. CONTRIBUTED

### If you go...

- **What.** Fight Night: The unofficial UFC after-party
- **Where.** Seahorse Tavern
- **When.** Saturday, 10 p.m.
- **Tickets.** \$10 or \$8 with UFC ticket stub

way through an evening of brawling, Hogan knew they would be revved up to party, and what beats a metal bash?

"This event happened as a bit of a fluke, but our label mates, Death Valley Driver,

were featured in the recent MMA-themed movie Tapped Out," he says.

"So when UFC announced they'd be coming to Halifax, I reached out to the Seahorse, explained the tie-in with the MMA-themed movie and ex-

plained I wanted to do an after-party—even if unofficial — and then we invited some amazing hip-hop acts to join us."

When UFC announced Halifax would be the site to host a televised card, fans,

myself included, began to count down the days to fight night.

The diverse after-party lineup includes the following acts: Ambition, Alfie, Death Valley Driver and Orchid's Curse.

TOP SIX @ 6 Weeknights at 6 Jillian counts down the HOTTEST songs of the day

- 6 Jeremih ft YG Don't Tell 'em
- 5 Shawn Mendes Life of The Party
- 4 Katy Perry This is How We Do
- 3 Meghan Trainor All About That Bass
- 2 Iggy Azalea ft Rita Ora Black Widow
- 1 Taylor Swift Shake It Off

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Taylor Swift ALL PHOTOS BY GETTY IMAGES

## Want to date Taylor Swift? Learn to ignore all those other guys with cameras

Taylor Swift is going to have to find a new source of inspiration for her songs because she's perfectly happy staying single for a while.

"Dating or finding someone is the last thing on my mind, because I can't picture how it could work with the way my life is," she tells *British Vogue*. "I don't know how a guy is supposed to walk next to his girlfriend when there are 20 men with cameras, and he can't protect his girlfriend because that's the life she chose."

Gotcha. We should expect

lots of songs about the paparazzi in the future.

The usually creative Swift is apparently baffled by how to work a romantic relationship into this famous-person setup.

"I just don't see how it could work, so I don't think about it and I kind of run from it when it presents itself," she says, adding that men have still been trying to woo her. "They think that they would want to get to know me and maybe date me, but I don't think they want what comes with it."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## The Word

### Facebook films offer new dawn for frustrated Twilight fans



NED EHRBAR  
Metro in Hollywood

You thought our Twilight days were behind us, didn't you? Well think again.

Series creator Stephenie Meyer (who would rather you not ask about Twilight follow-up the Host) is looking for five aspiring female directors to create short films for Facebook based on Twilight characters.

I'm honestly torn here. On the one hand, creating high-profile opportunities for aspiring female directors is awesome and should be encouraged. But on the other hand, Twilight.

I just don't know what to think.

Adding some highbrow validity to the project? The panel that will be selecting those filmmakers: Kristen Stewart will be joined by Frozen director Jennifer Lee, original Twilight director Catherine Hardwicke, producer Cathy Schulman,



Stephenie Meyer

Modern Family star Julie Bowen and Oscar winners Octavia Spencer and Kate Winslet.

And Lionsgate, the studio financing the whole deal, knows how to be vague and threatening.

"We think Facebook is a great way for us to introduce the world of Twilight to a whole new audience, while re-energizing existing fans," vice-chairman Michael Burns tells the *New York Times*. "This is just the beginning — a template, if you will. You can probably guess what's coming next."

Don't play coy with me, Burns. Just tell me that I'm not done covering Twilight films yet. Team Neither forever, yo.

## Twitter



@MileyCyrus

Why do DJs play my songs at the club like I haven't done over 80 Bangerz tour shows and sang this song 10 billions times #overit



@MarkDuplass

Proceeding with the assumption that people are, essentially, good. Tomorrow should be interesting.



@pattonoswalt

Tonight my daughter said, "I don't think I hate anyone." Challenge accepted.



Gwyneth Paltrow

## Gwyneth's mom wants to know how Martha could be so cruel

Hey, remember a couple of weeks ago when Martha Stewart called out Gwyneth Paltrow for aping her lifestyle guru shtick? Here's a refresher, just in case: "If she were confident in her acting, she wouldn't be trying to

be Martha Stewart," Martha Stewart said. Well, Paltrow's mom, and longtime Stewart pal, Blythe Danner is less than thrilled. The *National Enquirer* reports that Danner "asked Martha how she could say such a cruel thing about her daughter," a source says.

Stewart's response? She said that "she was just calling 'em as she sees 'em. Blythe was disgusted."

They say you could feel the earth tremble in East Hampton.

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# Ex-panting your horizons: It's a new dawn for denim

**Beyond blues.** Fashion experts dish on five fresh fall denim styles for women

Women seeking to diversify their denim from traditional basic blues can expect to see fresh hues, prints and updates of popular styles in jeans on offer for fall. Denim experts dish on five fresh styles.

## Black denim

After months of seeing jeans bathed in a range of hues, it's back to black in a big way for the colour that seems to transcend seasons.

"Black is essentially the new denim," said Gap Inc. spokeswoman Heather Hopkins. "It is the most wearable colour for many people, not just in terms of colour, but in terms of silhouettes and shapes and how it flatters one's body, too."

Toronto-based image consultant and personal stylist Lisa McLatchie offers a free copy of Denim DNA for visitors to her site (lisamclatchie.com), to help individuals select the best jeans for their body type.

As workers wear jeans more regularly to the office, McLatchie said a darker wash gives women a dressier alternative for day. What's more, it offers women who may be more self-conscious about the lower halves of their bodies another more slimming dark-hued option.

"It's even one step above the dark blue for minimizing areas they may be self-conscious of," McLatchie said.

## Let's hear it for the boys

While men may not have as vast a range of denim selections at their disposal as women, there are still ways for guys to shake up their ensembles while incorporating jeans into the mix.

- Fashion expert Glen Baxter said a cross-Canada survey conducted by Mark's found that the top reason men say they buy and wear jeans is for comfort. Baxter is collaborating with the homegrown apparel retailer to help men seeking to transition their warm-weather wardrobe into the cooler months with new denim.
- For men in need of an everyday pair of jeans for running errands, Baxter said a well-fitting, medium-wash pair or one in a relaxed fit are likely their best bets. But for a look that can translate to fit more upscale occasions, a darker-hued option may be the way to go.



Are you up on all the new ways of brandishing your bottoms? ISTOCK

## Plaid

Pretty prints like florals and stars have lent eye-catching detail to denim in recent years. But tartans are also emerging as a statement-making pattern.

"I would say sort of the only rule with patterns is if a woman is a little bit curvier, she'd want to avoid patterns that have

more straight lines in them. A plaid could be tricky for somebody who has fuller hips and is a bit curvier," said McLatchie. "Women with curvier lower halves would maybe want to stick with some sort of geometric print or abstract or floral, polka dots ... as opposed to lines and stripes and plaids."

McLatchie said when selecting prints, consider sticking with patterns that are in the same scale as body proportions.

"A lot of women think that if it's a larger print and they're a larger woman, they can't get away with it. But it actually is more flattering to do it that way."

When it comes to teaming printed jeans with tops, McLatchie recommends keeping the garment on the upper half of the body in a

solid neutral. But women can still have fun and mix prints and patterns and a bold range of colours if they so choose, she noted.



THE DESTRUCTED ALWAYS SKINNY JEANS (\$79.95), FROM GAP AND THE 1969 PLAID ALWAYS SKINNY JEANS (\$84.95) FROM GAP. GAP.COM

## Complement your curves

"A lot of women think that if it's a larger print and they're a larger woman, they can't get away with it. But it actually is more flattering to do it that way."

Lisa McLatchie, Image consultant and personal stylist

"You can still go for things that still have a different texture that pick up a colour that's in the jeans, like a cable-knit sweater or mohair or angora," she said. "You're still adding some sort of visual interest and element with the texture as opposed to the pattern."

## The boyfriend

The comfy boyfriend style offers a hybrid of both slim and relaxed styles, and a new variation on the horizon for fall is being offered with the cuffs pre-rolled. Nigel Seebaran, menswear buyer at Over the Rainbow, a premium denim boutique in Toronto, said the cuffed style pairs well with flats or cropped boots.

"I think it's a great look for the fall because it gives your denim a little more depth and a little more of that relaxed look," he said, noting that pairing the jeans with a looser shirt offers an "effortless chic."

Looking to dress up the boyfriend? Consider teaming them with a pair of wedges or heels, Seebaran said.

## Distressed denim

Distressed denim is best for women seeking a more laid-back style. While it pairs well with classic runners, Seebaran said the look can be made more upscale with a pair of flats or shoes showcasing a bit of lift and flash.

"Dress them up with a great black bootie, which will give you a great contrast," Seebaran said. "For a great pop of colour, throw on your favourite heels with them. Just being able to have a little bit of stacking at the bottom with a nice skinny jean will give a great look."

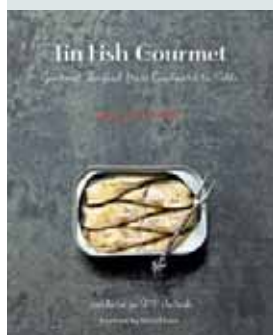
THE ASSOCIATED PRESS



# Life for canned fish goes beyond tuna casserole

## Cookbook of the Week

Tin fish doesn't have to be boring



There is no reason why you can't use canned fish to make exciting appetizers, snacks and even entrees.

In her book *Tin Fish Gourmet*, Barbara-Jo McIntosh shares a range of recipes that will transform canned seafood such as salmon, tuna, oysters, mackerel, sardines, crab meat, anchovies and more.

The recipes are perfect for students, those on a budget or those with time constraints. Among the included dishes are Oyster Pot Pie, Corn and Salmon Fritters, Asian Shrimp Stir-Fry, Swiss Chard and Salmon Lasagna, Anchovy-Stuffed Dates and more. **METRO**

## Roasted Mackerel with Spanish Mash and Fried Leeks.

Bursting with flavours, this dish is surprisingly easy to put together and even easier to eat

"On a recent trip to Barcelona, I enjoyed this mash at a tapas bar located in the grandest food market I have ever visited," writes Barbara-Jo McIntosh in her book *Tin Fish Gourmet*.

"I was so in love with the market — and with this particular tapas bar — that I ate lunch there on each of the four days I was in the city."

### Spanish Mash

1. Preheat oven to 200 F (93 C). Warm a casserole dish in oven.

2. In a large pot of boiling water, boil carrots for 4 minutes. Add potatoes and garlic, and boil for another 13 minutes. Add Swiss chard and boil for another 3 minutes. When carrots and potatoes are tender and ready to mash, remove pot from heat and drain.

3. In a food processor, briefly blend cooked vegetables with oil, salt, and pepper (do not over-process; a little texture is both pleasing to the palate

### Ingredients

#### Spanish Mash

- 2 large carrots, peeled and chopped
- 1 medium Russet potato, peeled and chopped
- 1 clove garlic, peeled
- 2 large leaves Swiss chard, washed and cut into strips
- 2-3 tbsp Spanish olive oil
- sea salt and freshly ground black pepper, to taste

#### Roasted Mackerel

- 2 tbsp butter
- 1/4 tsp smoked paprika
- 4.4-oz (125-g) tin mackerel fillets in vegetable oil, drained
- Sea salt and freshly ground black pepper, to taste

#### Fried Leeks

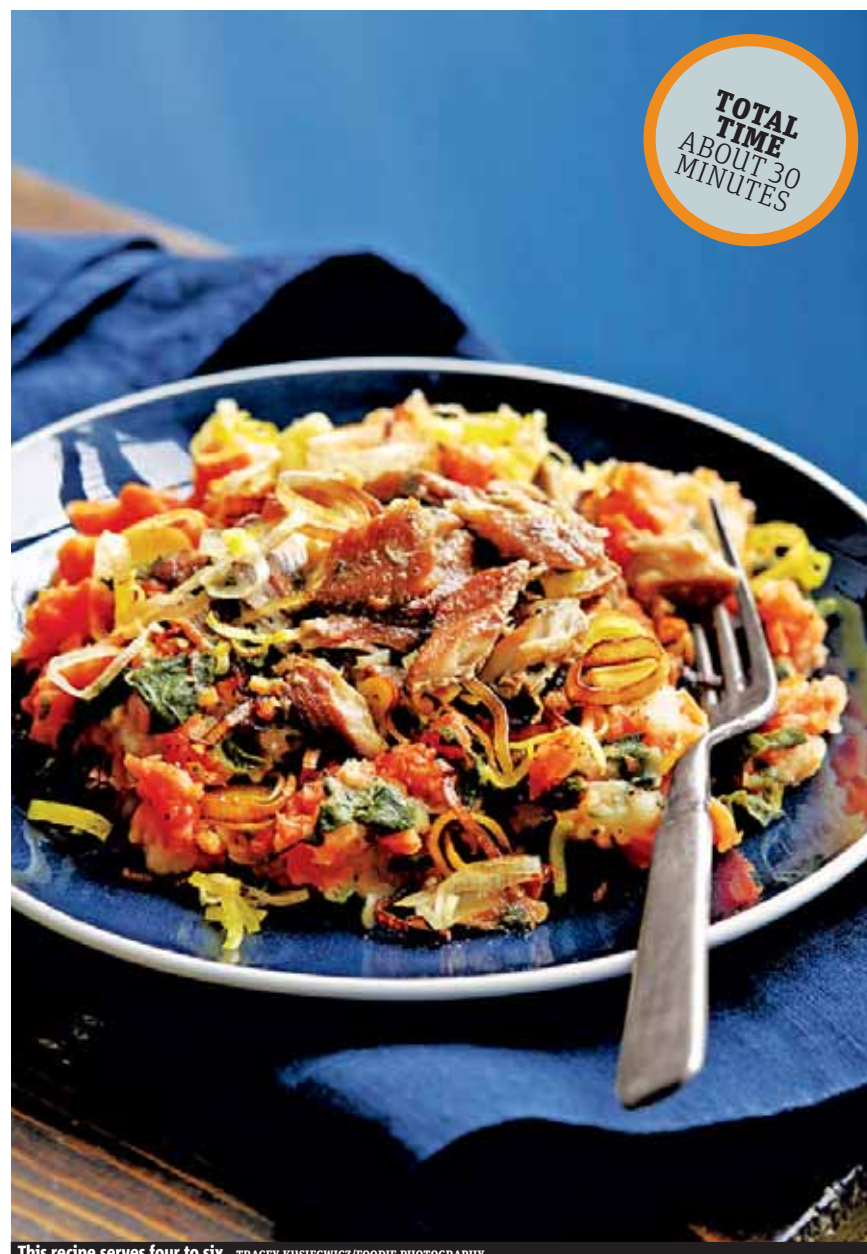
- 2 tbsp vegetable oil
- 1/3 cup (80 ml) thinly sliced leeks

and rustic to the eye). Taste for seasoning. Place in warmed casserole dish and cover.

### Roasted Mackerel

1. Preheat oven to broil, with rack in middle.

2. In a small stainless steel (oven-proof) frying pan on medium heat, melt butter. Stir in smoked paprika. Place mackerel fillets in pan, turning until completely coated. Place in oven and roast until brown and bubbly, about 3 minutes. Season to taste with salt and pepper.



This recipe serves four to six. TRACEY KUSIECZ/FOODIE PHOTOGRAPHY

TOTAL TIME ABOUT 30 MINUTES

### Fried Leeks

1. In a small cast-iron frying pan on medium-high, heat oil. Add leeks and fry for 2-3 minutes, or until crispy, then drain

on paper towels.

2. Divide Spanish Mash between two serving plates. Place roasted mackerels on

the mash, and top with crispy leeks. **RECIPES FROM THE TIN FISH GOURMET: GREAT SEAFOOD FROM CUPBOARD TO TABLE BY BARBARA-JO MCINTOSH. (ARSENAL PULP PRESS, 2014).**



This recipe serves six to 10 as an appetizer. TRACEY KUSIECZ/FOODIE PHOTOGRAPHY

## App. Pecan Salmon Roll

Serve this Pecan Salmon Roll from Babara-Jo McIntosh's book *Tin Fish Gourmet* with a sliced baguette or crackers.

1. In a bowl, cream together cheeses, lemon juice, green onions, horseradish, and cayenne pepper. Add salmon and mix to combine well. Refrigerate for at least 2 hours.

2. Shape mixture into a roll about 8 x 3 in (20 x 8 cm). Combine pecans and parsley and sprinkle onto a clean, dry surface. Roll log through mixture to cover.

Place on a platter and garnish with parsley sprigs.

### Ingredients

- 9 oz (250 g) cream cheese
- 2 tbsp goat cheese (optional)
- 1 tbsp lemon juice
- 1 green onion, finely chopped
- 1 tbsp creamed horseradish
- 1/2 tsp cayenne pepper
- 1 15-oz (425-g) tin salmon, drained
- 1/2 cup (125 ml) finely chopped pecans
- 2 tbsp finely chopped parsley, plus a few sprigs for garnish

### For your phone

## Zest Recipe Manager (iPad/iPhone; free)



**MIND THE APP**  
Kris Abel  
@RealKrisAbel  
life@metronews.ca

Zest takes the recipes you've clipped online and formats them into handy cooking instructions, adding a timer, a place to record notes, and tags that make them easier to organize.





# Funky meets function at the front door

Every front door needs a mat, whether it's used to wipe your shoes before entering the house, or inside as a landing pad for soggy footwear. These door mats will add a touch of style to one of the most heavily used areas of your home



**DESIGN CENTRE**  
Karl Lohnes  
home@metronews.ca



## A luxury liner you can zinc your boots into

Keep it simple and sleek with an industrial zinc finish. The textured liner speeds up the drying time for wet footwear. Zinc Boot Tray with Liner, \$50, CrateAndBarrel

## Cause for thought

A message for a cause, designed by yours truly. Proceeds go to Breast Cancer research. Karl Lohnes' Queen doormat, \$35, CarpetOne.com/Welcome-a-Cure



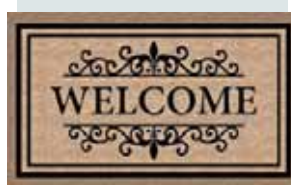
## Diamonds under the soles of their shoes



Loft-style durability. Just roll it out and cut to size or go wall-to-wall in your foyer. Diamond Deck Metallic Graphite Door Mat, 3x5 ft., \$38, HomeDepot.ca

## A step in the bright direction

Completely washable with a burst of cheery colour. Chilewich's Multi Shag Door Mat, \$50, UrbanMode.com



## Feet and greet

Leave your formalities at the front door. Baroque Welcome Doormat, \$15, Walmart.ca

## In your neck of the woods

Modern birch stencilled on coir for the front door. Forest Floor Mat, \$29, ZoneMaison.com



# Picture your perfect moulding pattern

## DIY. Walls make a great canvas for designs made from moulding

Visualizing the perfect home renovation and actually doing it are two completely different things. More often than not, it's not as easy as the pros make it look. For instance, timing and costs can often be higher than expected.

Before losing hope, here is a small budget-friendly project with a big payoff: DIY moulding wall art. Instead of just using moulding to trim ceilings and door frames, this project shows how to use moulding to create wall designs that will command attention.

## Location, location, location

The first step to moulding wall art is selecting a room and a design type that will suit its style. The living room or bedroom is a great place to start this type of project.

Mount moulding on to the wall to outline a bed instead of a headboard or build a large frame to showcase other items like a painting or an accomplishment.

Cut the moulding accordingly to create diamond shapes and sporadically place them along the wall to decorate a bare area. Moulding wall art can be adapted to look great in any room.

## Mix it up

Local hardware stores will carry a variety of mouldings. Select a style that has a lot of detailing for a more complex look or something simpler that you can put your own twist on.

There are no limits to styling and designing. Layer the planks to raise the moulding, use square panels to produce a checkered look, or cut different shapes to create a pattern. Let your creativity run wild!

## Tips & tricks

Once a room and a design type have been selected, sketch out a plan on paper to help visualize the final product and determine

## Renovation Realities

For more home renovation ideas catch brand new episodes of **Renovation Realities**, Saturdays at 10 p.m. ET/PT on DIY Network Canada.

measurements.

Consider using medium-density fibreboard as it tends to be less expensive and can be cut and shaped easily. When mounting the moulding, use a nail gun or hanging strips to avoid damaging the wall.

Be sure to paint the wood before mounting it to the wall. This will help prevent getting fresh paint on the walls, especially if it's a different colour.

When the project is complete, use sand paper, wood filler, and paint to correct and smooth areas.

## Any way, shape or form

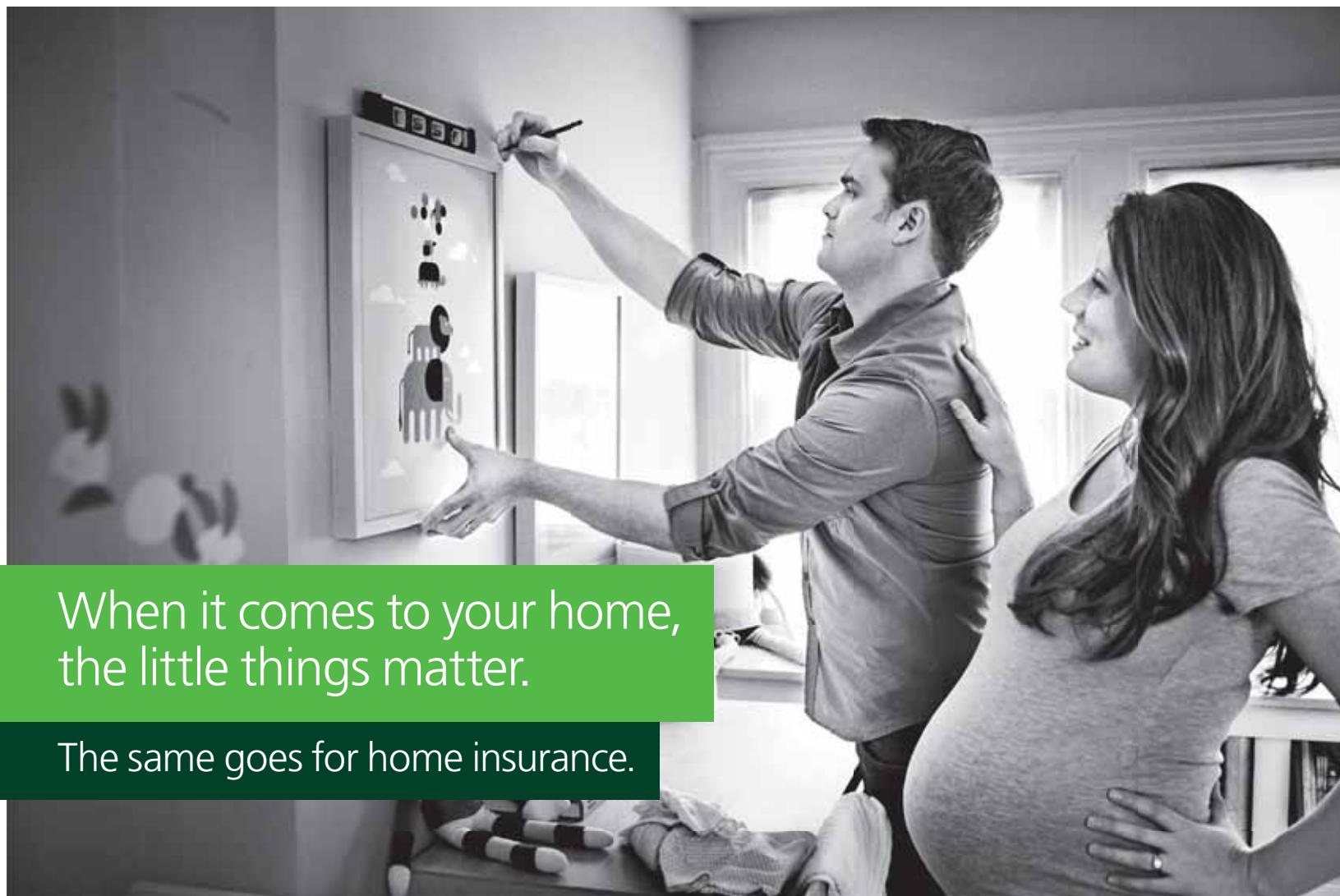
Moulding wall art can be adapted to look great in any room.



Use moulding to create wall designs that showcase art or add textural interest. iStock



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# Market roundup

COMPILED BY GEORDON OMAND

**Metro takes a cross-Canada trip to find out how far \$350,000 to \$400,000 will go in today's housing market**



## Halifax

The listing for this designer home, minutes away from downtown Halifax, promises to take your breath away. The three-bedroom property boasts hardwood floors, an open-concept living room, and an abundance of natural light. Besides a fabulously functional kitchen, the deceptively large home includes a Veissman furnace and heating system. Asking price is \$399,900.

LISTING: EXIT REAL ESTATE PROFESSIONALS



## Vancouver

Living in the heart of Vancouver is achievable with this 635-square-foot, one-bedroom, one-bathroom condominium apartment. Located on the ground floor of a four-storey complex in the Kitsilano neighbourhood, this open-concept condo includes a north-facing patio, new appliances, ensuite laundry, and a single parking stall. Shopping, restaurants and the beach are all within easy walking distance. Asking price is \$356,000.

LISTING: SUTTON WEST COAST REALTY

## Toronto

Located in the district of Scarborough, in Toronto's northeast corner, this three-bedroom, two-washroom, end-unit townhouse includes 12-foot ceilings in the living room, a fireplace, and a pool. Asking price is \$352,888. Nearby amenities include a park and public transit, as well as a masjid and a church. The property also includes an attached garage with a private driveway.

LISTING: ROYAL LEPAGE REAL ESTATE SERVICES LTD.



## Calgary

This recently renovated family home is located on a pie-shaped lot in a quiet cul-de-sac in the northeast corner of Calgary. With four bedrooms and two washrooms, this "cowtown" property boasts a fresh paint job and new carpets. Stainless steel appliances seal the deal for this quaint residential bungalow. Asking price is \$354,900.

LISTING: RE/MAX REALTY INNOVATIONS



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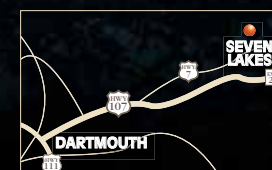
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# Murphy brings experience, mentorship to the blue line

**QMJHL.** Mooseheads leaning on veteran to guide young defencemen



**KRISTEN LIPSCOMBE**  
kristen.lipscombe@metronews.ca

He's got the size and the skill, but Matt Murphy of the Halifax Mooseheads is missing something — half of his front tooth.

With a commanding presence, both on and off the ice, the 19-year-old from Fredericton looks the part of the steady, strong defenceman.

"My tooth?" he said Wednesday, with a big grin and slight lisp, beads of sweat rolling down his face from afternoon practice at Scotiabank Centre.

"I got a high-stick from one of the players ... in the game in Truro," he said of a 4-3 pre-season shootout win over the Saint John Sea Dogs.

"Then I got it fixed, and just the other day at practice, I got it knocked out from an elbow," the six-foot-two, 207-pound player said with a chuckle.

He plays the role, too, with 10 goals and 26 assists for 36 points, along with 63 penalty minutes, in the 2013-14 regular season, showing defensive and offensive flair.

He tallied three goals and eight assists for 11 points, as well as 12 penalty minutes, in last year's playoffs, leading up to the Herd's semifinal series loss to his former team, the Val-d'Or Foreurs.

"I can be a top player on the power play, on the PK," Murphy said.

"One of the biggest things



Veteran Mooseheads defenceman Matt Murphy, 19, will be a leader on the blue line for the 2014-15 season. JEFF HARPER/METRO

they're looking for from me, is the experience that I'm going to bring to the team, and trying to mentor some of the young guys."

Murphy's experience includes a season and a half with Val-d'Or, which came to an end with a mid-season trade to Halifax en route to the 2013 Memorial Cup. He has also played for Team Atlantic and New Brunswick, and most recently, he trained with the Ottawa Senators.

## Next up

The Halifax Mooseheads host the Rouyn-Noranda Huskies tonight at 7 p.m., and then welcome the Val-d'Or Foreurs to the Scotiabank Centre on Sunday at 4 p.m.

"There's a lot of stuff that I can take from that ... and bring back to this team," Murphy

said of getting invited to summer development, followed by rookie and main camps last month.

Murphy watched how players such as Sens defenceman Marc Methot prepare off the ice, and persist on the ice.

"He does everything right," Murphy said.

Other lessons learned include staying positive, which has helped Murphy, who was drafted fifth overall in the 2011 QMHL Entry Draft but is still

waiting to get drafted into the National Hockey League.

"I don't really think about the team I'm going to," he said. "I think about what I'm going to do in my performance."

The Moose need that attitude to shake off last Saturday's 7-0 loss to the Saint John Sea Dogs, and head into Thursday's game against the Rouyn-Noranda Huskies.

"We're trying to put that behind us and focus on this weekend."

## Rainmen up to 10 players after sign sharpshooting guard

It's raining contracts for the Halifax Rainmen.

The local National Basketball League of Canada club announced Wednesday they've signed 23-year-old combo guard P.J. Foster of Leesburg, Fla., who is most well-known for his shot behind the arc.

He's the 10th player added to the Rainmen roster for the 2014-15 season, more than

half of which have been unveiled over the past week.

Foster is considered to be one of the top three-point shooters in the U.S., a news release said, and was named a First Team All-Conference and Second Team All-Region player while with Limestone University in Gaffney, S.C. The six-foot-one, 170-pound player averaged 22 points, six assists

and six rebounds per game.

"The kid hit 155 threes in a college season," Rainmen owner and president Andre Livingston said in a statement. "That's flat-out shooting."

Foster has trained with the NBA's Orlando Magic and Phoenix Suns over the past several weeks.

KRISTEN LIPSCOMBE/METRO



The Halifax Rainmen have signed 23-year-old guard P.J. Foster. CONTRIBUTED/HALIFAX RAINMEN



# McDavid's talent inciting tank talk

**Looking ahead.** With top junior drawing comparisons to Crosby, chance to land No. 1 pick in 2015 could take sting off of losing this season

In a sport that doesn't exactly feature the language of saints and choirboys, there's a dirty, four-letter word that even hockey players don't want to hear: Tank.

Tank, in this case, refers to losing to guarantee a high draft pick. And no other year in recent memory is it considered a more popular route to take with at least two potential superstars in Connor McDavid and Jack Eichel on the board.

"I don't think any team's really doing that," McDavid said in an interview. "No NHL team, no OHL team, no team ever would purposely lose or tank or have a bad year for (a

## Chances dwindling

The NHL has made it a little bit harder for the league's worst team to win the draft lottery.

- Now, the team with the fewest points has a 20 per cent chance of getting the

No. 1 pick instead of 25, the team with the second-fewest has a 13.5 per cent chance instead of 18.8 and the team with the third-fewest has an 11.5 per cent chance instead of 14.2.

high draft pick)."

Lose on purpose? No, players on some of the league's rebuilding teams like the Buffalo Sabres and Calgary Flames aren't trying to lose, but it's no secret that a handful of organizations that are down on their luck could use the kind of boost McDavid or Eichel should provide.

Eddie Olczyk remembers from his time as coach of the Pittsburgh Penguins from 2003 to 2005 what it was like to lose, preach patience and hope.

"I know what we were trying to do in a similar situa-

tion," Olczyk said last week in Buffalo. "You do need that stud or two to come down the pipe."

For the Penguins, it was No. 1 overall picks Sidney Crosby and Marc-Andre Fleury and No. 2 overall picks Evgeni Malkin and Jordan Staal. Each of the past six Stanley Cup champions had at least one player picked in the top three: The Chicago Blackhawks' Jonathan Toews and Patrick Kane, Los Angeles Kings' Drew Doughty and Boston Bruins' Tyler Seguin.

McDavid, considered the front-runner to go first overall

in June's draft in Sunrise, Fla., might be the closest thing to a quick fix there is. The six-foot playmaking centre has drawn comparisons to Crosby since he was 15 years old.

Fans of bottom-feeding teams are already thinking ahead to what it would be like to have McDavid or Eichel next season. Of course the Edmonton Oilers and their three consecutive No. 1 picks and zero playoff appearances show that's not always a recipe for success.

But McDavid is supposed to be different: A once-in-a-generation talent who's worth a season's worth of losses. Still, the 17-year-old said he's not watching the standings or thinking about what jersey he'll be putting on in nine months.

"You can't really worry about that," McDavid said. "There's no second-class organizations in the NHL. They're all great spots. Wherever I'm fortunate enough to go, it'll be great." **THE CANADIAN PRESS**



Connor McDavid had 99 points in 56 games played with the OHL's Erie Otters last season and already has eight in the three he's played so far in Erie's current campaign. DENNIS PAJOT/GETTY IMAGES



Real Madrid's Karim Benzema is congratulated by teammates after scoring the winning goal against Ludogorets Razgrad on Wednesday in Sofia, Bulgaria. Scan the image with your Metro News app for more Champions League results from around Europe. DIMITAR DILKOFF/APP/GETTY IMAGES

# Galácticos barely survive UEFA Champions League minnows

Real Madrid's 10 European titles were no protection on the road in the Champions League on Wednesday.

Real Madrid trailed early against Bulgarian newcomer Ludogorets Razgrad, which was only formed as a club 13 years ago — in the same season the Spanish giant won its ninth title.

After Ludogorets' stunning sixth-minute opener, Cristiano Ronaldo had a penalty saved and then scored with a second

## Race to catch Raul

# 69

Cristiano Ronaldo had a 10th-minute penalty saved by goalkeeper Vladislav Stoyanov, but soon got a second chance to convert and closed in on Raul Gonzalez's record of 71 Champions League goals in the group stage and knockout rounds. Ronaldo has scored 69 goals — not including one in a qualifying-round match — and leads Lionel Messi by one in what promises to be another season-long duel.

spot-kick in the 24th, before Madrid got substitute Karim Benzema's 77th-minute goal to

force a 2-1 win.

"We played as equal to Real and I am delighted with

our performance," Ludogorets coach Georgi Dermendzhiev said.

Ludogorets' fans have to travel 335 kilometres to watch their team play at the national stadium in Sofia because the club's 6,000-seat arena does not meet Champions League standards.

But the supporters had reason to celebrate early after Brazilian midfielder Marcelinho headed in a cross flicked on to the far post. **THE ASSOCIATED PRESS**

## Breathalyzer test

### Phelps blew close to twice legal limit

Police documents indicate that Olympic swimmer Michael Phelps registered .14 per cent on a breathalyzer test after he was stopped on a speeding violation.

The legal limit for intoxication in Maryland is .08.

The statement of probable cause by the Maryland Transportation Authority police also says Phelps' eyes were red, bloodshot, and "his speech was mush mouth."

**THE ASSOCIATED PRESS**

## Women's basketball

### Canada making big jump in Turkey

Canada advanced to the quarter-finals of the women's world championship for the first time in 20 years after knocking off the Czech Republic 91-71 on Wednesday in Ankara, Turkey.

After finishing 12th at the 2010 worlds which were hosted by the Czechs, Canada has seen steady improvement over the past four years led by a talented young group of players.

**THE ASSOCIATED PRESS**

## Brady moving on



"It's important not to ride the wave of emotion of, 'Yeah, we're really great,' and, 'Yeah, we're terrible this week.' It doesn't serve any purpose other than to understand the things that you need to correct."

Patriots QB Tom Brady on recovering from Monday's 42-14 loss to the Chiefs.

## 'Tough on your head'

### Packers Ollaments Thursday night

Offensive lineman Josh Sitton could use a break.

Unfortunately for him, the NFL schedule calls for Green Bay and its stand-out left guard to play the Minnesota Vikings on Thursday night — just five days after the Packers' last game.

This didn't make him happy on Tuesday.

"I hate it," Sitton said.

Life in the trenches can be enough of a grind with the pounding that occurs

in the running game.

Tuesdays are when offensive linemen really feel the pounding. It's usually a day off in a normal work week in Green Bay.

This is no normal week.

"I think it's stupid. I think it's all about money for the NFL, obviously," Sitton said regarding Thursday night games. "That's what this league is about, is about making money — which is fine. I like to make money, as well."

"But, yeah, it's tough on your body, tough on your head," Sitton said.

**THE ASSOCIATED PRESS**

## Wild-card playoff

### Ratings rise for Royals comeback

Extra innings boosted viewership for the American League wild-card game.

The Kansas City Royals' comeback 9-8 win in 12 innings over the Oakland Athletics on Tuesday averaged more than 5.2 million viewers on TBS. The network said that's up 14 per cent from last year's NL game between Cincinnati and Pittsburgh to open the post-season, a 6-2 Pirates win.

**THE ASSOCIATED PRESS**



## AUGMENTED REALITY

**Stuck on 12 Across?**  
**Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.**



→ See the full instructions on Metro's Voices page.

## Horoscopes by Sally Brompton

### ♈ Aries

**March 21 - April 20**

No one doubts your dedication but are you dedicated to the right goals? The planets warn you should not aim at a particular target just because you think it is expected of you.

### ♉ Taurus

**April 21 - May 21**

Don't wait for permission to do something you know is right. Even the most agreeable Taurus should be more assertive when there is a higher good at work.

### ♊ Gemini

**May 22 - June 21**

You can afford to take a risk today where affairs of the heart are concerned. Don't be afraid to reveal your innermost feelings to the one whose affections you are after.

### ♋ Cancer

**June 22 - July 23**

A positive attitude is often enough to turn the tide, so look on the bright side of today and don't worry about tomorrow. The surge of confidence you feel should be enough to see you through this difficult phase.

### ♌ Leo

**July 24 - Aug. 23**

Sometimes change can be the best possible thing to happen. Bear that in mind today if you feel that things are moving fast.

### ♍ Virgo

**Aug. 24 - Sept. 23**

You don't like to see people you care for make fools of themselves but it seems they are pretty determined about it, so what can you do?

### ♎ Libra

**Sept. 24 - Oct. 23**

There is an easy way and a hard way to get to your destination. The easy way is to co-operate with people you don't always get along with. The hard way is to try to do everything yourself.

### ♏ Scorpio

**Oct. 24 - Nov. 22**

It seems you are having second thoughts about a project. Yes, it's going to be tougher than you expected. Have faith in your abilities and be willing to work harder than everyone.

### ♐ Sagittarius

**Nov. 23 - Dec. 21**

There are some things that can only be done as part of a team. You may be eager to get things started but until those you work with are ready to begin, you won't make much progress.

### ♑ Capricorn

**Dec. 22 - Jan. 20**

Even the most ambitious of Capricorns will be at peace with the world today. No matter how much you are provoked you cannot be bothered to react.

### ♒ Aquarius

**Jan. 21 - Feb. 19**

The Sun and Venus in one of the best areas of your chart means you can see the positive side of most situations. Have a laugh.

### ♓ Pisces

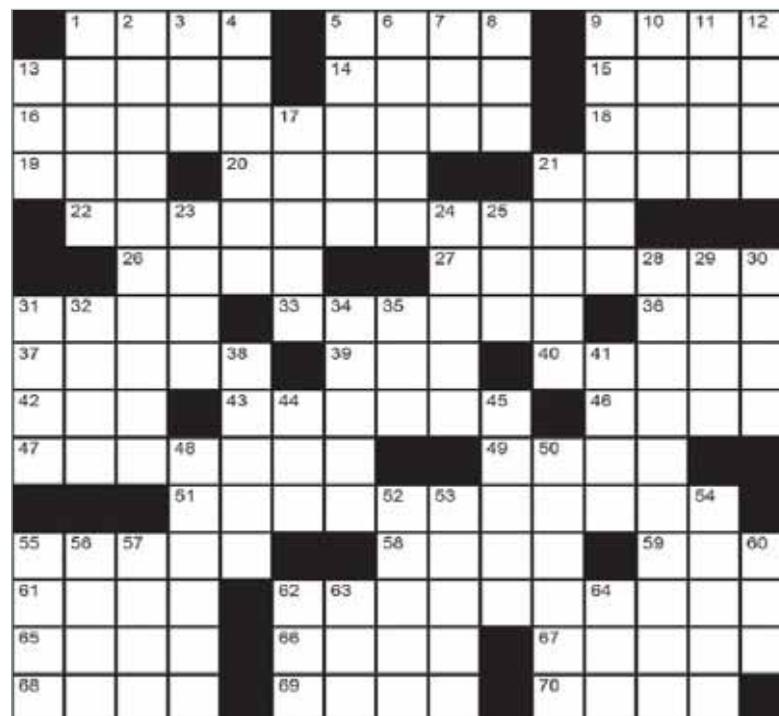
**Feb. 20 - March 20**

Act on the assumption that there is no such thing as chance. If something unusual happens today there is sure to be a reason for it and your job is to find out what it is.

## Crossword: Canada Across and Down by Kelly Ann Buchanan

### Across

1. Belonging to "The Silence of the Lambs" (1991) gr.
5. Mine passage
9. Plundered, archaically
13. Guitarist Ms. Boyd
14. Art
15. Gulf leader [var. sp.]
16. They're still flying with the same design since 'No' won in Scotland: 2 wds.
18. Fodder tower
19. Gladiator's 250
20. L'amour \_\_\_ vie (Love of my life)
21. Mr. Goat
22. Song in which #65-Across has "been a miner": 3 wds.
26. Oman money
27. Enjoy yourself: 2 wds.
31. Target
33. Personhood proof: 2 wds.
36. "\_\_\_ Maria"
37. \_\_\_ Loops (Kellogg's cereal)
39. Chicago building, \_\_\_ Center
40. Dealership delivery?
42. 'Ear'-meaning prefix
43. Honda luxury cars
46. Aloud
47. Cute baking/serving bowl
49. Math class [abbr.]



51. Annabelle in new horror flick "Annabelle" (2014) is a what?: 2 wds.
55. Poe's bird
58. Ristorante wine
59. Away
61. Country's Mr. Jackson
62. Sarah McLachlan

- song that starts: "Hey, your glass is empty...": 2 wds.
65. Mr. Young
66. Keen
67. Picnic playwright William, and surname-sakes
68. Abnegate
69. Knight's beloved

70. "\_\_\_ gut!" (Very good, in German)
- Down**
1. Toronto intersection/neighbourhood, Jane and \_\_\_
2. One of RMS Titanic's six: 2 wds.
3. Veil heroine
4. Comedian Ms.

- Bernhard
5. Canadian actor Mr. Ruggiero
6. Coffee choice
7. "Gross!"
8. Fros' friends
9. Live somewhere
10. "\_\_\_ and the Detectives" (1964)
11. Plug

12. Iliad site
13. Hockey great Mr. Robitaille
17. "Kiss of the Dragon" (2001) star: 2 wds.
21. LA's Sunset, et al.
23. "Bed Peace" songstress, Jhene
24. Accra's locale
25. Boat implement
28. 1957: Canada's first female Cabinet Minister, Ellen Louks \_\_\_ (b.1905 - d.2004)
29. Eye part
30. Foster flick
31. "Dial \_\_\_ Murder" (1954)
32. "Thou \_\_\_ lady." - King Lear
34. Faze
35. \_\_\_ anglais (English horn)
38. BTO's "\_\_\_ Care of Business"
41. \_\_\_ shirt
44. Li'l Ohio city
45. Play part
48. Equally
50. Aphrodite's beau
52. Bypass
53. Elated
54. Sporty sledder
55. Author Ayn
56. Sailing side
57. Egotistical
60. Ordinal suffixes
62. Lass
63. Lab eggs
64. Unitary

## Yesterday's Crossword



### Online

See today's answers at [metronews.ca/answers](http://metronews.ca/answers)



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



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WAS: \$25,594\*  
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NOW: **\$14,990\***

3  
LEFT

\$0 DOWN

**\$99\*** BW



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## 2013 HYUNDAI ACCENT GL

5 DOOR, AUTO, A/C, POWER GROUP

WAS: \$18,594\*  
SAVE: **\$4,604\***  
NOW: **\$13,990\***

8  
LEFT

\$0 DOWN

**\$93\*** BW



FREE TRIP FOR 2 TO  
FLORIDA WITH PURCHASE

## 2013 HYUNDAI ACCENT GL

4 DOOR, AUTO, A/C, POWER GROUP

WAS: \$18,344\*  
SAVE: **\$5,354\***  
NOW: **\$12,990\***

3  
LEFT

\$0 DOWN

**\$86\*** BW



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FLORIDA WITH PURCHASE

## 2014 HYUNDAI TUCSON GL

AUTO, A/C, POWER GROUP, AWD

WAS: \$27,509\*  
SAVE: **\$4,519\***  
NOW: **\$22,990\***

1  
LEFT

\$0 DOWN

**\$136\*** BW



FREE TRIP FOR 2 TO  
FLORIDA WITH PURCHASE

## 2014 HYUNDAI SANTA FE

PREMIUM AWD, AUTO, A/C, POWER GROUP, AWD

WAS: \$32,394\*  
SAVE: **\$6,404\***  
NOW: **\$25,990\***

3  
LEFT

\$0 DOWN

**\$153\*** BW

\*Free trip for two to Florida or Vegas with the purchase of a O'Regan's Dartmouth Hyundai Certified used vehicle. Deal available on in-stock units only with O'Regan's financing. Taxes and fees not included. Includes minimum trade value of \$1000 for cash for clunkers. All vehicles are Green Light certified with low kms. Offer ends October 31st, 2014. See O'Regan's Dartmouth Hyundai for details.

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